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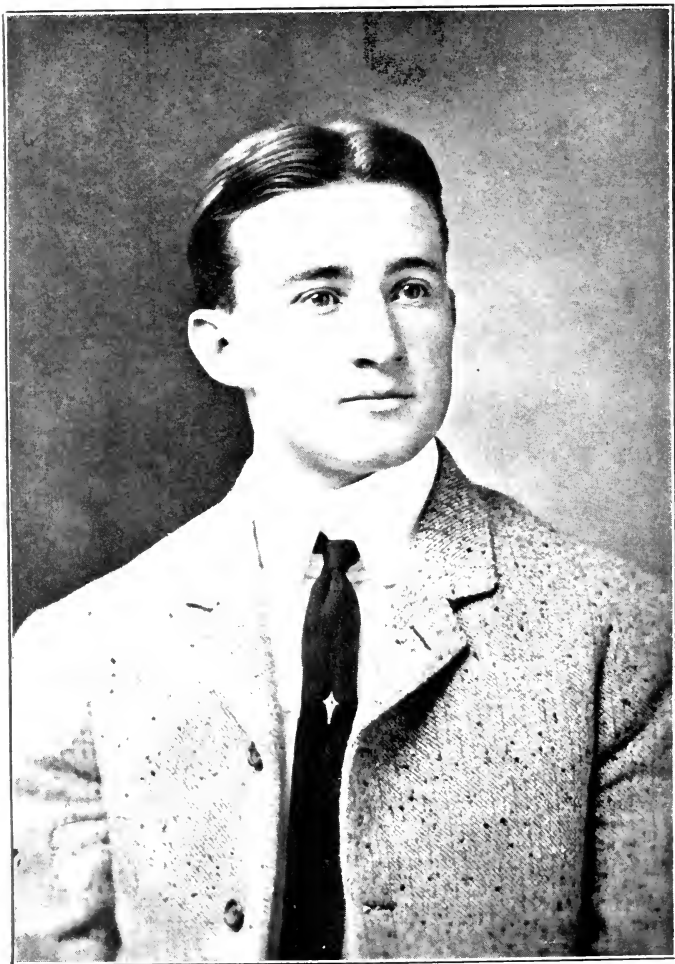












ARTHUR F. DUFFEY

Holder of 50 yards, 60 yards, 100 yards, 120 yards, world's records; winner of American championship, 1899; winner of British championship and holder of Prince Hassan cup, 1900-01-02-03; winner of I. C. A. A. A., 1901-02-03; winner of New Zealand championship, 1904; holder of British records on grass for 100 yards, 9 4-5 seconds, 120 yards, 11 4-5 seconds; holder of Australasian records on grass for 50 yards, 60 yards and 70 yards.

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# HOW TO SPRINT



EDITED BY  
ARTHUR F. DUFFEY

Holder of the World's Record for  
100 Yards, 9 3-5 Seconds.



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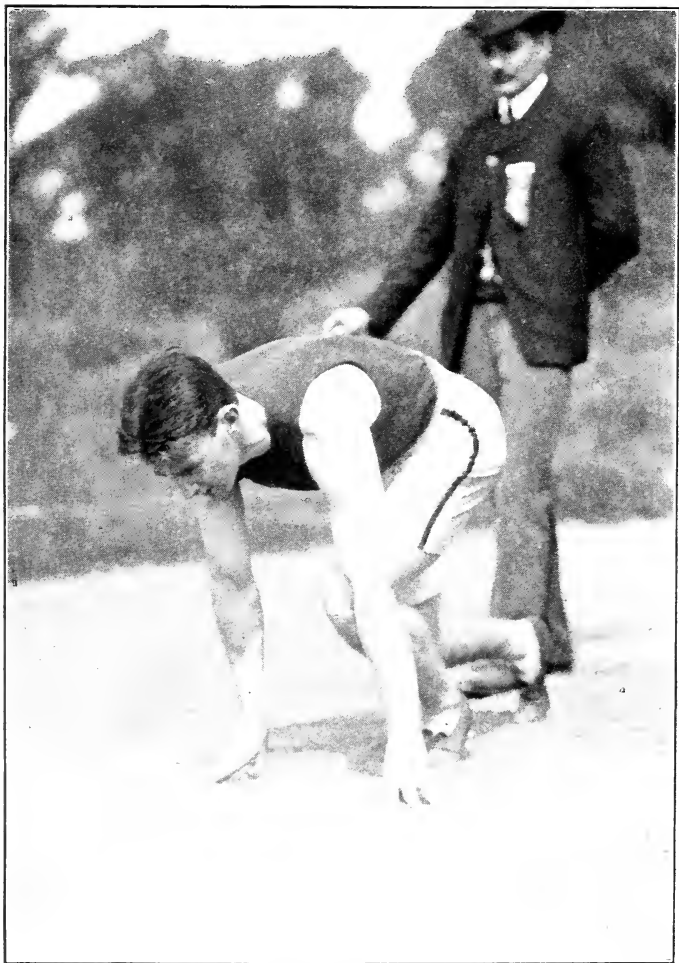




## INTRODUCTION

Many times I have been advised to write a book on my system of preparation for a sprint race, and in response to the many requests I take great pleasure in offering this little volume to the devotees of sprinting, trusting the few little points and hints which I have mentioned in the following pages will prove interesting as well as instructive to those inclined to follow this branch of athletics. It has been my intention to constantly bear in mind the needs of the novice runner, especially the preparatory school boy, for it was at this class of institution I received my early training and to which I attribute the success I have attained on the cinder-path. It is true that although many athletes of the first class may take exceptions to what I have stated—still all that I can say to their exceptions is that the system of training which I have outlined in the following pages has been the means by which I have established world's records and won numerous championships.

A. F. D.



ARTHUR F. DUFFEY "ON THE MARK."



## HOW I BECAME A SPRINTER

All young men are more or less interested in feats of athletic skill, either upon the football field, the baseball diamond, the cinder path or whatever branch of athletics it is their desire to familiarize themselves, and when they are about to enter preparatory school, the question that generally presents itself to the average youth is, "Shall I devote my time exclusively to the class-room, or shall I intermingle my studies with my exercise, so that both will go hand in hand, as it were, and thus develop my mental and physical faculties together?"

Exercise in some form or other has always been a subject very keen to the young mind. As the schoolboy listens perchance with eager ear to the tales of his older brother, the college athlete, or if perhaps he becomes acquainted with the many articles upon athletic sports, physical culture or the like, it is one of his ambitions to succeed in some branch of sport. Contests of athletic ability have always been of profound interest to the energetic schoolboy.

As the young raw-boned lad, desirous of obtaining the needful education to prepare him for the battle of life, enters the preparatory school, either of his own choice or the selection of his devoted parents, the very atmosphere about him seems to be a stimulant to his uncultured body, and as he hears the frolicking sounds of his classmates out of doors he cannot help from answering the beckoning call of nature which seems to request

him to lay aside his books. He enters their innocent sports, feeling much invigorated at their completion. The first few years of the prep's life, as a rule, are generally devoted to the study hall, but as occasionally the lad applies part of his time to exercising, gradually he finds that his body seems more adapted to one particular branch of athletics than another. Practising repeatedly has such a noticeable effect upon the young man, and feeling so well and strong, for a moment perhaps his whole attention seems to be devoted to exercising. Then it is that the question which agitated him so much at first seems to annoy him less, his whole mind being enwrapped in the ambition to achieve the many laurels of the successful athlete.

At the first call for candidates for the various athletic teams of the institution, we find him awaiting patiently the opportunity when he can claim the first notice of the captain or coach. Probably he is a lad of retiring, unassuming disposition, not knowing the true value of an athletic training, or perhaps totally unaware of any athletic prowess within himself.

Shall I ever forget my days in preparatory school. Being naturally fond of all outdoor exercises, but, on the contrary, having a physique unaccustomed to an athlete, I became interested in the upbuilding of my body, and in all contests for athletic supremacy. My classmates observing that perhaps there might be some latent athletic ability within me, requested incessantly my being a candidate for the athletic team, though my folks, noticing I was a firm follower of outdoor sports, seriously objected to my entering such a project, they wishing me to apply myself entirely to my lessons.

The temptation finally was too great, and as I listened to the words of the coach I firmly resolved to be a candidate, but would

not sacrifice any time which I felt my studies needed. As the training continued from day to day, it gradually dawned upon me that my standing was just as high, if not higher, and in addition I seemed to feel perceptibly the thrill of life coursing with renewed energy through my system. So it is, I believe, with the average preparatory student. Life at school and college would be a perfect humdrum if it were not for the athletics.

As I previously stated, being of a rather frail constitution, I entered in all the various branches of sport, which gradually developed my athletic ability. At running, however, I always seemed to excel my companions, and as a novice race was being held at Irvington Oval in the summer of 1896, I was urged by my companions to be a competitor in the race, and although my diminutive appearance caused but little commotion before the race, the easy manner in which I flew away from the mark and the large margin which I won by surprised all, and many predicted that there was a successful athletic career before me.

Entering Boston English High School in the fall of '97, I became a candidate for the athletic team, and was selected as one of the students to represent the school at the Interscholastic championship. My career in the high school attracted but little attention the first year, but as I continued my racing through the summer I became faster, and in my second year succeeded in winning second place in the interscholastic indoor championships. At the outdoor games I also won second prize in the 100 yards and 220 yards, and made my first journey to New York to compete in the national interscholastic championships, where I again won second prize in the sprints. During the following summer months I competed in numerous sports, but probably no meeting which I competed in caused so much dis-

cussion as my race at Caledonian Grove, where I ran a dead heat with B. J. Wefers, the then champion, from a short handicap.

Leaving English High School, I entered Worcester Academy in the fall of '98, and under the careful tutelage of Pooch Donovan, the school's efficient trainer, gradually my sprinting ability came to the front, and at the winter games of the Boston Athletic Association I succeeded in winning the short sprints in 4 3-5 seconds, also in winning the interscholastic championship indoors. In the following spring my most notable performance was my victory in the 100 yards in the dual games with Andover, where I managed to accomplish my first ten seconds for the century. Following up my Andover success, I competed in the indoor and outdoor championships, and both years won the sprint races, accomplishing ten seconds for the 100 yards, thus establishing a new scholastic record, and in addition I showed my hurdling ability by winning the hurdles indoors and by winning the 220 yards dash and broad jump outdoors, a new contest for me. Journeying to New York I met and defeated the other interscholastic champions and established a new national interscholastic record of ten seconds for the hundred.

Graduating from Worcester Academy in the spring of '99, my reputation as a sprinter was considerably enhanced by defeating J. F. Quinlan, the Harvard champion, and H. E. Curtenius, the New England intercollegiate champion, in ten seconds. From this race, although expecting to retire from athletics, I became very desirous of winning a national championship before I would hang up my shoes, and being prevailed upon by my friends, I became a competitor in the A. A. U. championships, and after a beautiful race, I managed to win, defeating B. J. Wefers and

A. C. Kraenzlein in ten seconds—though in my trial heat I accomplished 9.45 seconds for the first time—but unfortunately was not allowed the record by the A. A. U.

Owing to considerable dissatisfaction being expressed over the national championship race, the New York A.C. invited the same competitors to race at Travers Island, only in addition a handicap was framed. This race was probably one of my best performances of speed in America, for, conceding handicaps to such competitors as Tewksbury of the University of Pennsylvania, and Maxey Long, I succeeded in winning the event from scratch in ten seconds on a slow track.

Entering Georgetown University in the fall of '99, my reputation as a sprinter became quite broadcast, and though I competed in numerous games, I will not tax the reader's brain by mentioning them, but will confine myself to the most important contests, and will mention my English, Australian and New Zealand races, under the heads of British and Australasian races, respectively. While at the university, noticing my *forté* was the century, I eliminated all other forms of athletics and confined my efforts to the 100 yards, a decision which proved a very wise one to me, I must admit. Entering the various intercollegiate meetings during the winter, gradually my form became faster, and as the spring approached I entered the relay carnival sports and won my first college sprint in the remarkable time of 9.45 seconds. Immediately following the carnival games, as the time for the Intercollegiate A.A.A.A. championships approached, I became very desirous of winning the intercollegiate championship, but I was extremely disappointed when the Intercollegiate Association declared I was ineligible, owing to my winning the national championship. Continuing my college course during the follow-



Cadogan.

Duffey.

Moulton.

Westney.

Schick.

START OF THE 100 YARDS RACE AT THE INTERCOLLEGIATE CHAMPIONSHIPS, BERKELEY OVAL, NEW YORK, MAY 31, 1902, IN WHICH DUFFEY MADE HIS WORLD'S RECORD OF 9 3-5 SECONDS.

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ing winter, I won numerous sprints, and established records for 50 yards and 60 yards. Again I competed at the relay carnival and repeated my success of the previous years, and also added this race again the following year, thus making three successive wins in 9 4-5 seconds.

As the Intercollegiate A.A.A.A. championships always follow the relay races, for the three successive years I competed, and during my college days, I won the championship, the times being as follows: 10 1-5 seconds, in the mud; 9 3-5 seconds (world's record); and 9 4-5 seconds. Without doubt I think the intercollegiate sprinters those years were the fastest I ever encountered, but as I maintained my sprinting form I won quite handily. My 9 3-5 seconds performance undoubtedly stands out as my greatest athletic achievement, and to which I must confess will always be a source of great pride. Often during my racing I had been timed in 9 4-5 seconds, and as I considered this the limit of human endurance and speed, it never seemed possible to me for a human being to accomplish faster. At Berkeley Oval, however, in 1902, thoroughly screwed up to the proper pitch, with everything in my favor, I was completely staggered upon being informed that I had lowered the record.

### BRITISH TOUR RECORDS.

My races in Great Britain, as a rule, are not up to the standard of my American performance, though upon some occasions I must confess they are superior. Sailing to England in 1900, for four successive years I competed in the British championships, and succeeded in winning the sprint in 10 seconds even. In the course of my tour I competed at all the principal amateur meetings, and it is a surprise to an American to notice what a

vast amount of interest athletics arouses. To pen all the races in which I competed in the course of my visit to Great Britain would be a most arduous task, but probably one of my most notable performances abroad was the establishing of a new British record for the 100 yards, viz., 9 4-5 seconds, on grass, at Leicester, and the equaling of the 120 yards in 11 4-5 seconds at Stourbridge. Many times I have been caught in 9 4-5 seconds; in fact, at Wolverhampton, I accomplished 9 4-5 seconds twice in one afternoon, a feat which startled the somewhat prejudiced Englishmen, who seem to look with disfavor on my 9 3-5 seconds world's record.

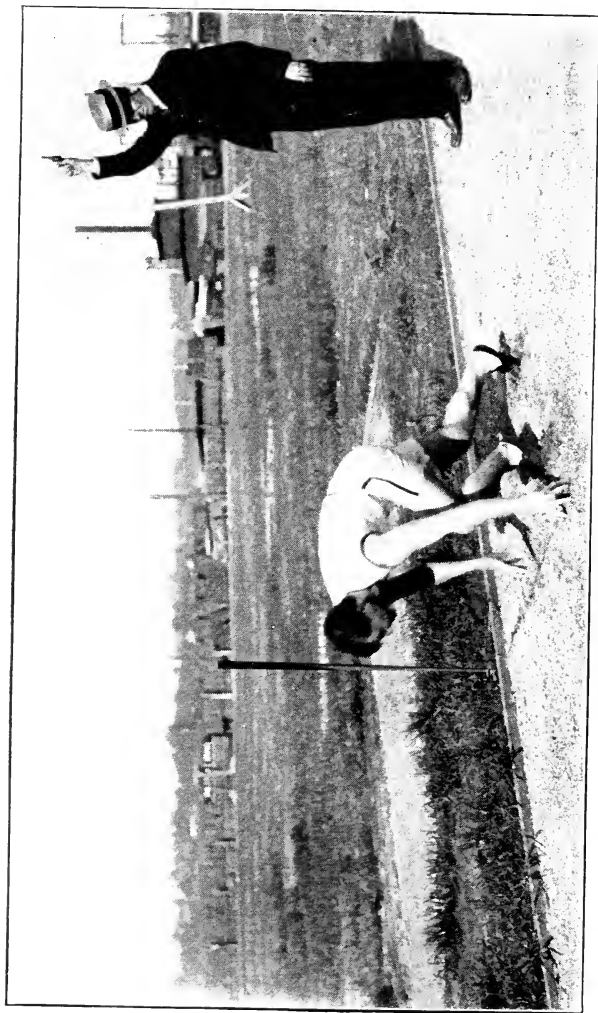
#### AUSTRALIAN AND NEW ZEALAND RECORDS.

Upon invitations of the combined Australian and New Zealand Associations, I visited the colonies in the athletic season of 1905. Although far from my usual form, I competed against the Australian champions and New Zealand champions. I successfully defeated G. A. Widmer upon many occasions, and while in Sydney established a new record for the 60 yards on grass in 6 2-5 seconds; also ran a dead heat with Barker in 10 seconds on grass. Might add that Barker, the ex-Australasian champion, showed remarkable form during my short visit to Sydney and succeeded in defeating me in 10 1-5 seconds. I accounted my defeat to the effect of the climate and the poor track.

In New Zealand the grand climate acted as a great stimulant to me, and I ran with my old time form. I established two new records, viz.: 50 yards in 5 2-5 seconds and 75 yards in 7 3-5 seconds on grass. At the New Zealand championships, held at Christchurch, I won the 100 yards championship in 10 2-5 seconds against a terrible wind and slow track. On the preceding day I accomplished 10 seconds in my preliminary heat.



FULL LENGTH.



**REPORT OF THE PISTOL.**  
Showing the correct way of leaving the mark.

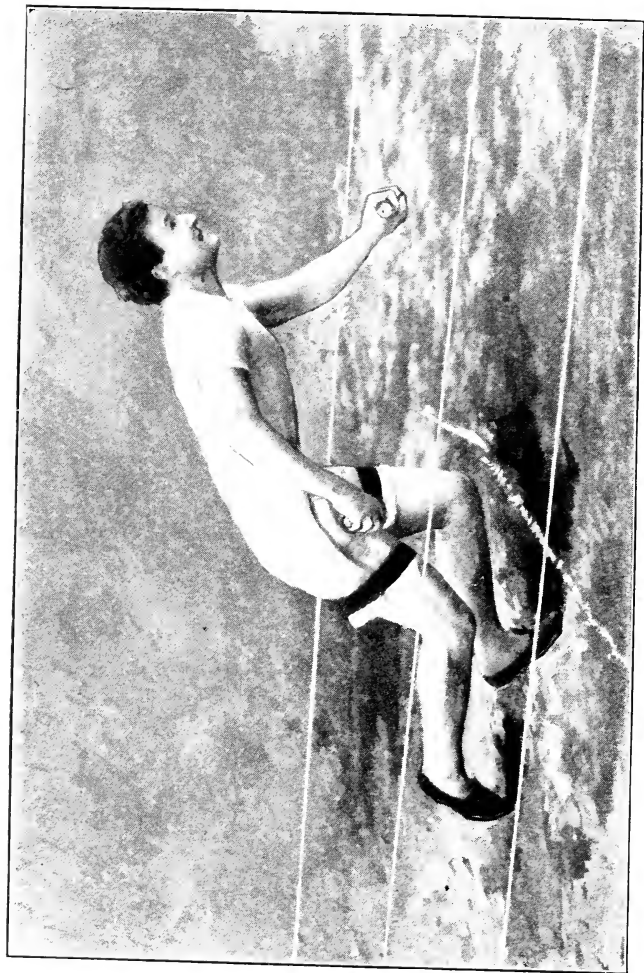


## TYPES OF SPRINTERS—THE BEST STYLE TO COPY

The mode of preparation, for a sprint, has always been a somewhat perplexing question not only to the young lad who is desirous of building up his body and achieving the many laurels of the successful athlete, but to the professional trainer as well, who undoubtedly has spent the greater part of his life training himself and others. The reason for this puzzling question can be easily understood if one will but consider that hardly any one of us anatomically corresponds to the other, so that one method of preparation which might be of valuable assistance to one, on the other hand might be a most serious detriment to another.

It has previously been thought, and is still believed, that the most predominant requisite of a sprinter is that he should be tall, with long limbs, and very muscular, in order to stand the terrific strain. All these points one must admit are very good, and very hard to dispute, still, let me add, they are not absolutely essential, as sprinting is unlike the other running events. Some of our great sprinters were men averaging nearly six feet, but in the last few years sprinting has been somewhat revolutionized, so that to-day we find that the majority of our short distance runners are men of rather small stature.

During my period of active competition, I have become acquainted somewhat with the methods employed by not only our own foremost trainers, but likewise the methods of the foreign athletic men. It is very difficult to prescribe certain fixed re-

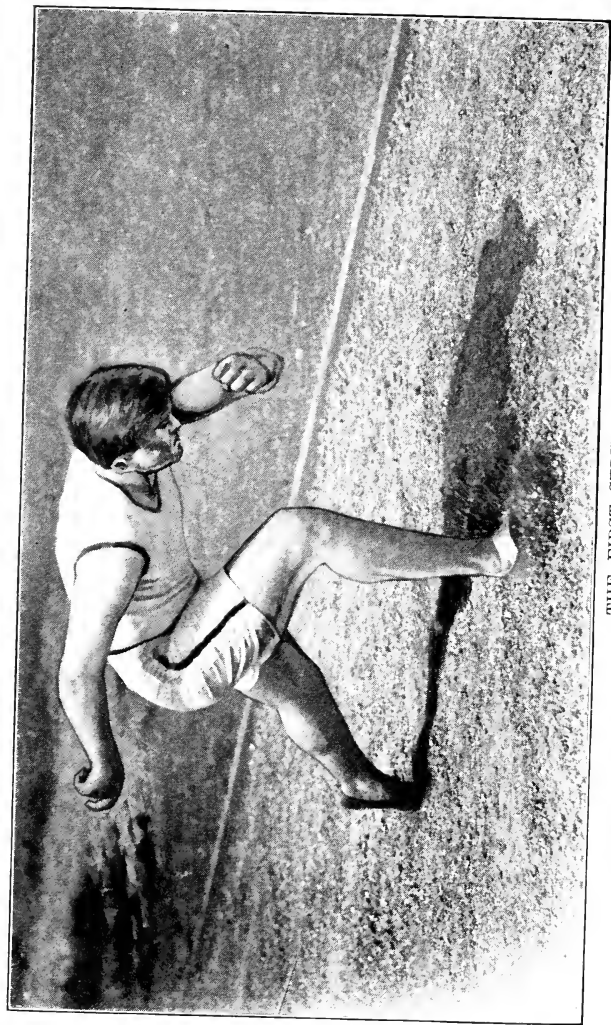


**RAISING OF BODY.**

Showing correct position of the arms and forward position of body.

quisites for a first class runner, as everybody can sprint more or less. In studying the various types of athletic ability it has been my fortune to meet, I observed that sprinting is a strain not so much upon the muscles as it is upon the nervous system. Time and time again have I competed against the model formed men from the gymnasium, but when it came to a contest of speed, it was noticeable at once that these men lacked the adequate nervous force. Nervous energy then is the foremost requisite of an ideal sprinter. How often is to be observed upon the cinder-path the restless manner of the young athlete, and although he endeavors to hide his nervousness, he little realizes that without this uneasiness he will be unable to battle creditably through his contest. Having been endowed with the necessary nervous force, the build of a sprinter is next observed—as a rule the body should be symmetrical, the limbs long, especially from the thigh to the knee; no over-grown muscles or mis-shapened bones must be present, as all these detract from the form of racing. In general, highly developed nervous force, with a symmetrical body, are the chief requisites of an ideal sprinter.

In very few runners have I seen the same action displayed as in myself, but in time I hope to see this style universally adopted by all desirous of achieving success. In comparing B. J. Wefers, a fellow college man of mine, let me endeavor to distinguish the different types of actions. One must admit that "Bernie" was the foremost man of his time, but in studying his style of running, it was directly opposed to mine. His running impressed one of a trotting horse, action perfect, and a more beautiful manner of running was never witnessed. How often did the long limbed Mercury himself startle the spectators with his machine like strides. On the other hand, contrast

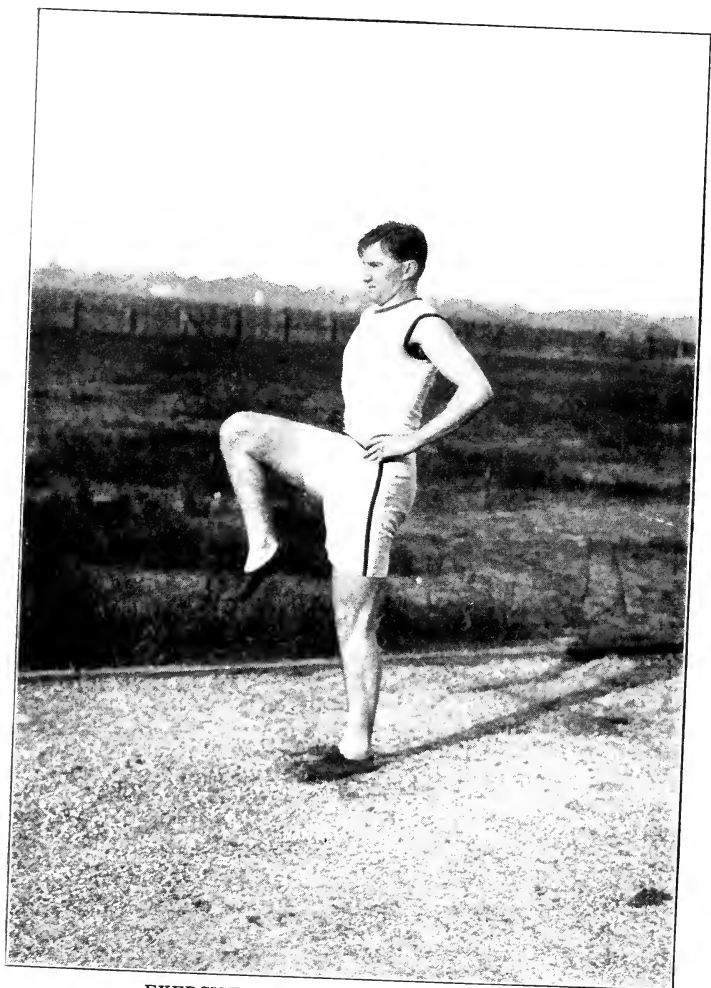


THE FIRST STRIDE.

Showing the jabbing motion of the right leg, which is thrust directly forward.



my close-to-the-ground action, striding directly from the hip, my upper body working similar to a pacing horse and in perfect unison with my limbs. It is not the beautiful action of my predecessor and it has often been wondered how it was possible for me to cover so much ground, but let me assure the reader that my action of striding from the hip, enabled me to cover the same amount of ground, if not more, than the former champion.



**EXERCISE FOR DEVELOPING STRIDE.**

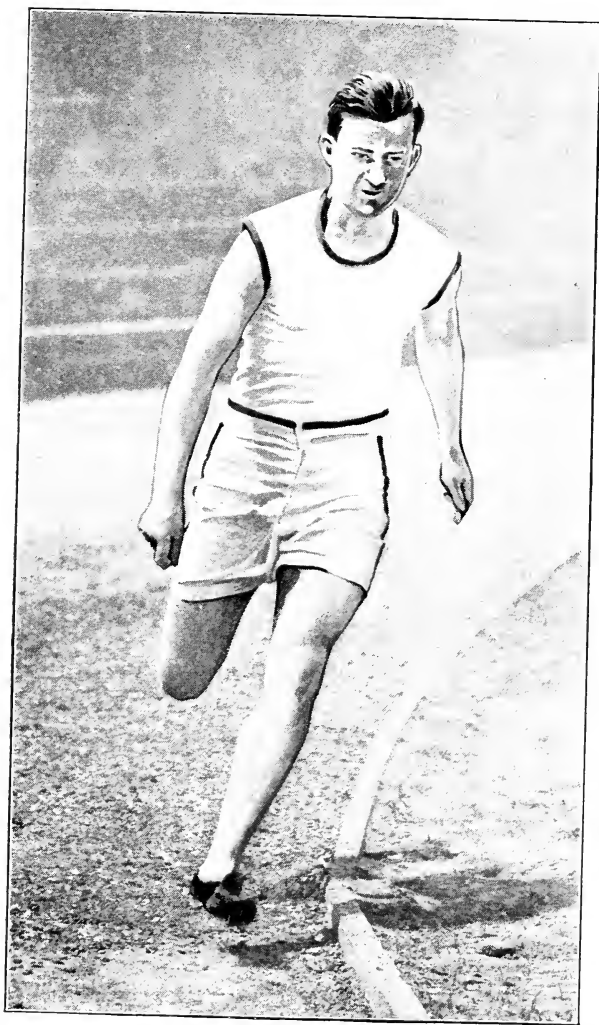
Body erect, hands on hips, right leg raised well up so knee strikes chest.  
Alternate with left leg.



## GENERAL HINTS ON TRAINING

Training is the exercising of certain muscles of the body so that one is enabled to perform more efficiently and with more facility a particular effort. In other words, it is analogous to the familiar phrase, "Practice makes perfect." How noticeable it is that more thought and practical knowledge is not emphasized upon this necessary principle of athletic success. Frequently I have seen—and know—many promising athletes who have been rendered unfit athletically by following the advice of trainers. The latter, as a general rule, should be men who have had an extended regime of training, for with few exceptions the trainer who has not entered into active competition cannot hope to succeed. It is of great advantage that one should have participated in the various branches of athletic contests, as the many lessons learned from his practical knowledge enables one to apply himself so that he can train successfully. Gradually, however, in aspiring to the head of the branch of sprinting, one must, as he grows older, eliminate these other forms of athletics and apply himself especially to sprinting.

Athletes, as a general rule, are overtrained rather than undertrained; that is, they have been subjected to a system of training regardless of the physical capacity of their body. Hence, the athlete should be watched very closely, so that when the day of his trial approaches he shall be at his very best, and not



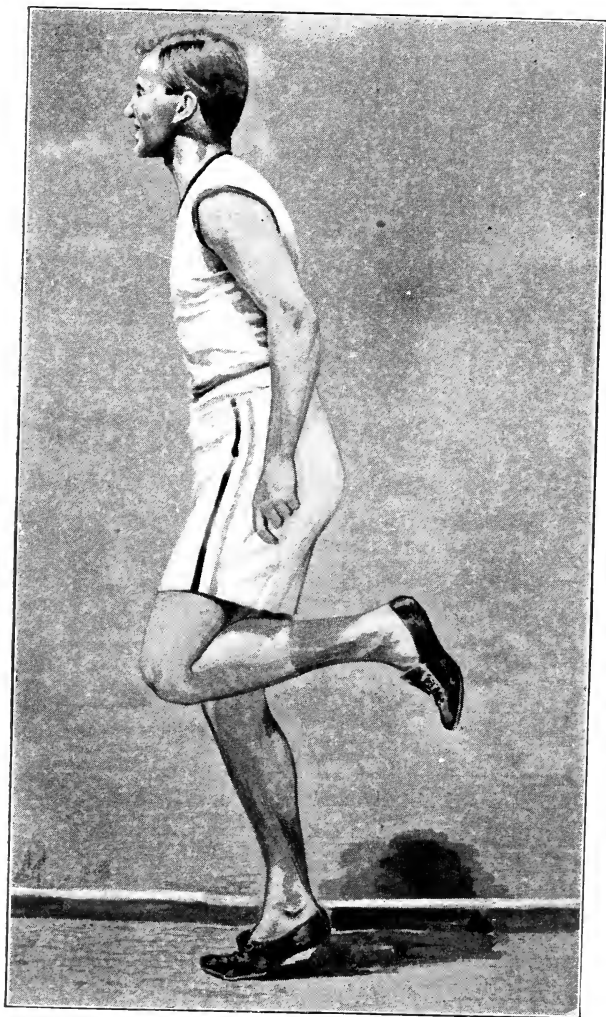
**STRIDING.**

**Exercise for developing the stride and to develop endurance.**

totally unfit to stand the terrific strain. It is very essential that a tabulated record of a man's condition should be noted from the time he commences training, and all through the period his work should be regulated so that gradually his best form will be produced. Common sense should be generally followed, and the old idea of practically overlooking the man should be dispensed with. In fact, the whole secret of training lies in knowing which kind of work should be adapted to suit the particular individual.

I have often been asked by many school boys what method of training I follow, and have been urged to reveal the secret of my success. There is no secret that I know of, and I do not believe that my method of training differs in any very important feature from hundreds of other runners. But there is no doubt that while in training the most important requisite to getting into form is one's personal habits. Regular and sufficient sleep, avoidance of drugs, alcohol and tobacco in any form; in a word, the exclusion of every form of even the slightest dissipation.

Training properly conducted should not be an ordeal to be feared, but on the contrary, should be a process that brings out all that is best in the athlete and stores up a nerve force of vigor that is more or less completely under the control of the one who trains faithfully and intelligently. It is this control of vigor that distinguishes the properly trained man from the overtrained one. The man who is overtrained expends his vigor and vitality rashly; it is not absolutely under his control, and he uses up more energy to make his muscles respond than is necessary. The result is that he fatigues rapidly, while the carefully trained man can economize his strength, holding it completely under his command and liberating his reserve store for the final spurt that counts for victory.

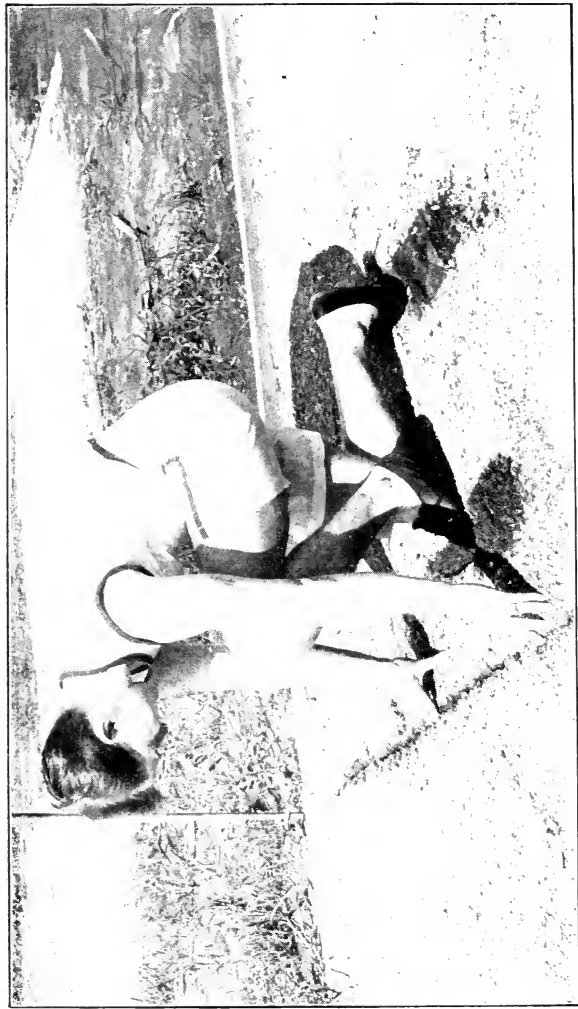


**BOUNDING.**

Showing exercise for developing the stride. Body well up on the toes.

Science is only the highest form of common sense, and the man who would train scientifically must first of all train sensibly.

It is generally believed that a large gymnasium and elaborate apparatus are absolutely necessary in the development of a runner. All these are very essential in their way, but as a matter of fact, the indoor gymnasium plays a minor part in the development of the sprinter. The value of fresh air and sunlight cannot be overestimated. There are few runners who do any outdoor running who will not tell you that they feel much better when their outdoor work begins. Sprint runners in particular must get the energy that clips off fractions from the ten-second mark from the blue sky and the fresh air and the warm sunlight. The enthusiast who follows up records will bear me out in this—for most good records for the sprints have been made at a time of the year when outdoor exercise was the rule. It is true that some men are faster in the dashes on an indoor track than on an outdoor track. Still that does not disprove my contention. For I think that a man who is fast on an indoor track would be much faster if he devoted a sufficient amount of time and attention to his outdoor exercise. Anything that will make one feel stronger and more vigorous must be a valuable adjunct in training. Therefore I am convinced that the sunlight and fresh air are factors of the greatest importance, in storing up energy, to the athlete.



**ON THE MARK—CORRECT WAY.**

Showing the perfectly relaxed condition of the whole body. Right knee resting on track.



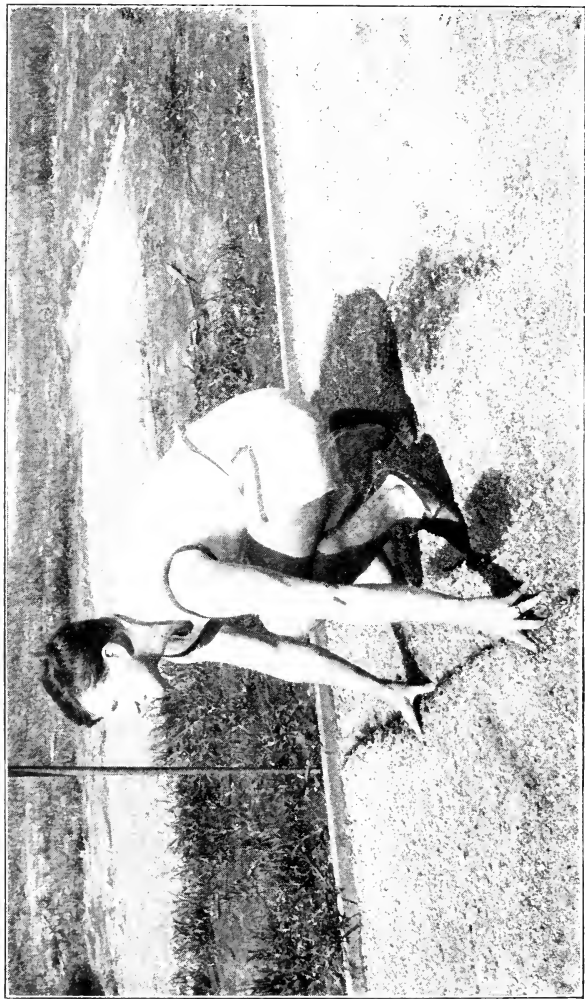


## ADVICE TO BEGINNERS

It has frequently been asked at what age should a sprinter commence to develop his sprinting faculties. To the young athletes I address these remarks, and though realizing the old adage that it is never too late to learn, in this respect one must admit that the learning must begin at an early age. Let me inform the reader that sixteen or seventeen is a most suitable age to start. At this time of life the bones of the body are gradually rounding into shape, and the muscles are easily susceptible of development. At this age we generally find the young lad in school, and it is surprising what a noticeable effect the preparatory institutions have, not only upon the modelling of character, but likewise upon the physical structure of the body. It is not totally necessary that the young man devote his whole time exclusively to sprinting; enjoy all the pleasures of the various branches of athletic sports; they all have certain advantages which help to develop manly traits, which assert themselves in after life.

### PREPARATORY WORK OF SPRINTERS.

Sprint-running has always been a subject very keen to the young mind as well as the sport-loving people of this country and abroad. It is true that the race is only for a short distance, but in that elapse of time what a wonderful amount of excitement and enthusiasm can be aroused. To the spectator as well



**POOR FORM ON THE MARK.**

Body too cramped and rigid, neck muscles cramped, arms too wide apart, right leg too close, should be extended more.

as the athlete himself there is that fascination which seems to hold one's undivided attention until the race is over. Then, too, in viewing the long distance runs, the interest in the race lags for a while until the final sprint for the tape. Consequently I think that all will agree with me in voting sprinting the most popular of running events.

So to the young athlete who is desirous of taking up the exercise of sprinting, let me offer a few suggestions which I trust shall be advantageous to him. The preliminary work of sprinting, that is the first few days of practice, should be spent mostly in rather light exercise in the gymnasium, with the chest-weights, and in the exercise of pulling up the body. The running should be practised gently in order to give the muscles of the legs time to work out gradually. Two weeks of this jogging should be indulged in and great caution must be taken that the individual should run far up on the toes. Another important point which ought to be practised is the manner of bounding, that is as soon as the ball of the foot lands upon the floor or the cinders, as the case might be, a bound should be cultivated so that the runner will remain upon the ground for as short a space of time as possible. In preparing for all of my races I always paid a great deal of attention to this very important point. It seems to be the most difficult matter to master, but as soon as it is accomplished it is practically half of sprinting. Formerly there was no serious thought placed upon this spring, but gradually all the sprint-runners of to-day are endeavoring to acquire the necessary knack.

The position of the body should be inclined at an angle of about eighty degrees, in other words, more forward than perpendicular. The common fault of a great many of our athletes of to-day is that the body is too straight and rigid, this is a very



**CORRECT SET.**

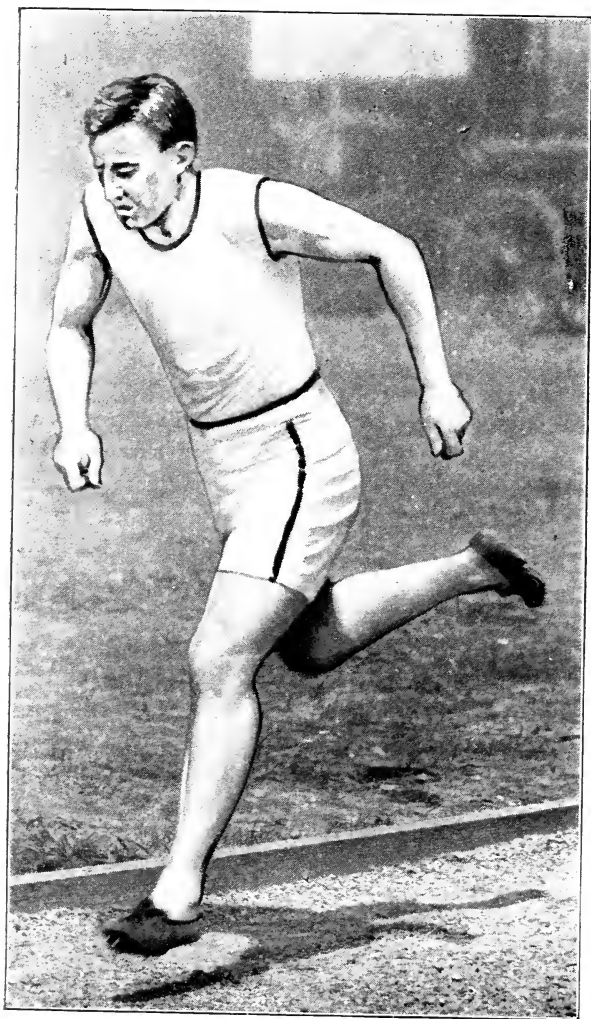
Weight of body on left leg and hands—body well over.

bad fault and a serious retardment to speed. How often in racing can be seen the novice runner as he draws near to the finish of his race gradually lose the poise of his body, so that practically he is running back upon his heels instead of keeping the body poised over the balls of the feet.

The arms should be swung diagonally across the chest and worked simultaneously with the legs. This cross arm motion I found of valuable assistance to me in many of my races, as it proved a great help to my retaining the bound. Many sprint-runners have adopted the forward and backward arm motion, this is not a bad style to cultivate, but I believe it is inferior to the cross arm swing. Great care should be taken when practising this arm motion that the arms are not swung to far out, for in such a case the swing is of no assistance whatever, as the position of the body is altered. It is a very easy motion of the arms, the muscles of the shoulders and forearm being brought into play.

A good position of the hands while running is to hold the hands clinched in such a manner that the thumb and index finger are protruded a little in advance of the other fingers and inclined towards the ground. The reason for this inclining is that with the help of the muscles of the forearm and upper arm, it aids in keeping the body poised forward so that the chest and head cannot fall backwards.

The head should be held firmly by means of the muscles of the neck and inclined a little forward, and retained in that position throughout the race. With the head held firmly placed in this position, the shoulders should be shrugged, thus practically holding the shoulders and head together. Under no conditions allow the position of the head to change, for as soon



"THE SHRUG."

Position assumed in the final burst for the tape.

as the poise of the head is lost the whole form of running is altered. In the picture on the opposite page I have attempted to illustrate the shrugging of the shoulders and the forward position of the head.

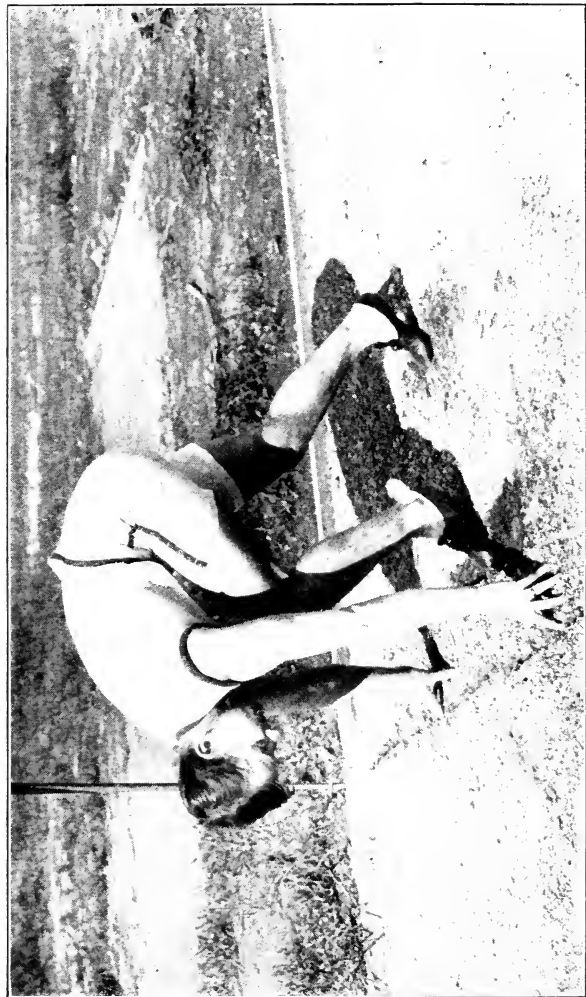
Having considered the position of the body in general and having taken for granted that the young athlete has spent the first preliminary days in the exercising in the gymnasium and jogging in order to cultivate the bound of which I spoke heretofore, the next thing for careful consideration is the manner of starting.

### THE START.

The art of starting seems to be the most difficult part of sprinting for the beginner to master. It is the most important element which enters into the exercising of running, and although realizing that a great deal can be said upon this necessary function, it is my intention to confine myself entirely upon the experience I have had in regard to my own manner of starting, known as the "Kangaroo Start."

Formerly, in starting, the sprinters used the standing start; that is, the hands were not placed upon the ground whatever. This style of starting is now almost obsolete and bears no comparison with the crouching start of to-day. Many old-time runners will talk considerably upon the old form of starting, and seriously contend that the standing start is superior to the crouching start. It was astonishing to me while touring through Europe to notice many of the foreign athletes still retaining this old system of starting. It was plainly evident to me that their chances of winning were very slight, and my manner of starting appeared an enigma to them.

With the last decade the crouching start has been universally



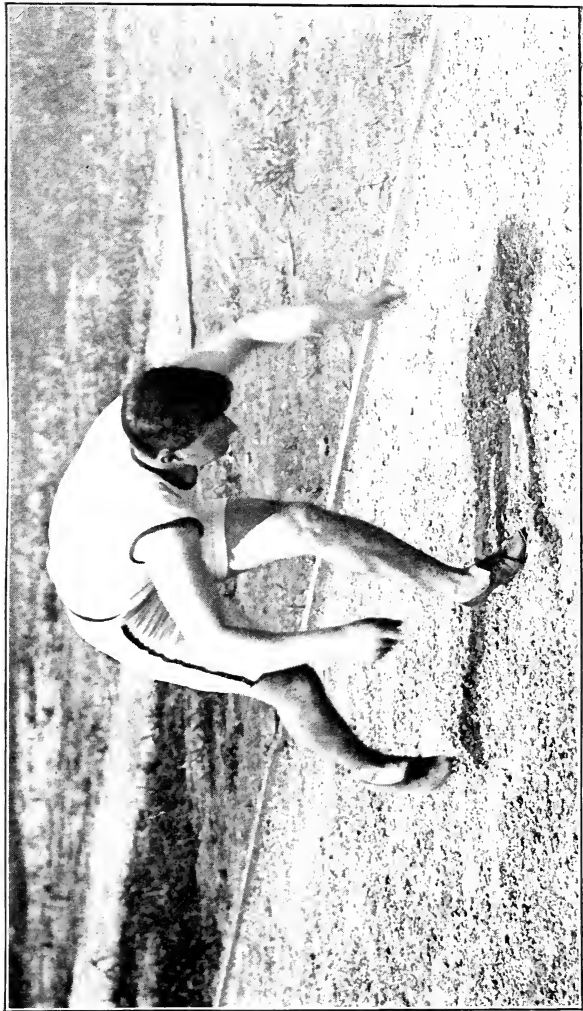
**INCORRECT SET.**

Back leg too straight and rigid, thus keeping the body too far from the ground.



adopted by all athletes, both in this country and likewise abroad. It is very difficult to ascertain who was the first sprinter that introduced this peculiar manner of starting, as many old-time runners claim the distinction. To-day it is a revelation to the public, and also to many athletes themselves, that in starting from such a position how it can be managed so scientifically and with such promptness. A very simple illustration, which might help to inform the reader how such a crouch can insure such exactness, is in observing the tiger, or any member of the feline family. How noticeable it is that when any of these animals are about to spring for a prey or the like, they assume the crouching attitude which enables them to leap more quickly. So it is in sprint-running, the athlete crouches, pulls himself together, so to speak, and calmly awaits the spring.

Theoretically speaking, three things should be brought to consideration in order to insure the most accurate start. These three acts must be combined so that they all work simultaneously. First, the body should be well over the mark as far as the centre of equilibrium will allow, so that when the hands leave the ground the body immediately will go forward. This is termed the fall. Secondly, the weight of the body should be on the forward foot and arms. The foot should be about five inches from the line, and great caution should be used not to place the hands too far apart, just so the legs will pass between without touching. The back leg is principally used as a guider, which prevents the body from swaying to the right or left. It should be in a perfectly easy position, so when called upon it will respond actively. It ought to be placed about two feet and a half from the front foot. In other words, a good way to judge how far back this foot should be placed is by



**INCORRECT WAY OF LEAVING THE MARK,**

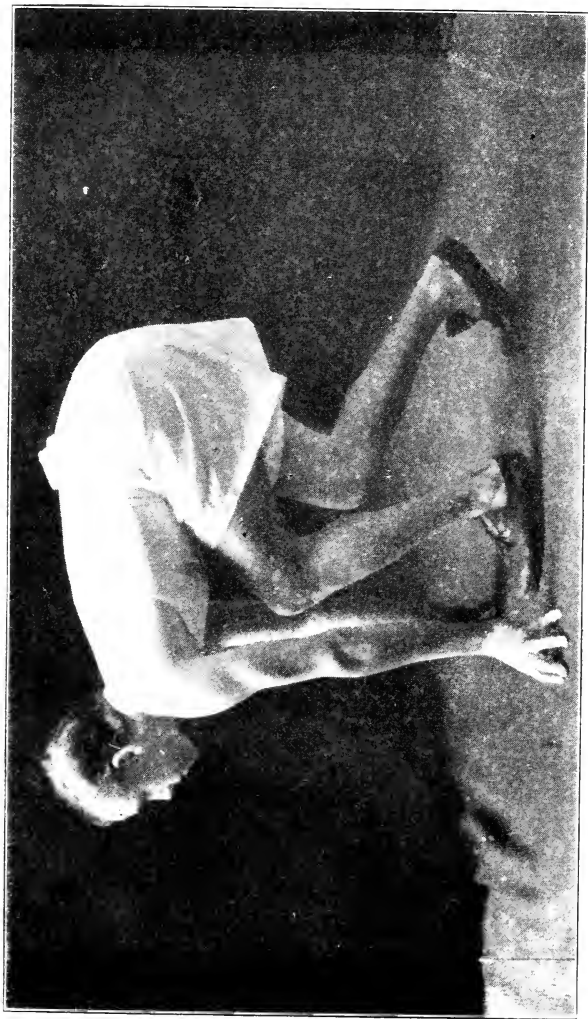
Showing the faulty position of the arms,

placing the knee of the back foot at the instep of the front foot. In indoor racing the back foot is placed just a trifle nearer than in outdoor racing.

In many athletes it is a common fault that they do not use their arms to advantage. The arms should be developed just as well as the legs and other muscles of the body, as the whole secret of sprint-running is the ability to call upon all the muscles of the body at the same time. How often you will hear remarked by people unfamiliar with running that the only advantage gained by foot-racing is the development of the legs. Let me assure the reader that all the muscles of the body must be developed, and just as sure as there is an undeveloped muscle, it is certain to make itself known in the outcome of the race.

A push must be cultivated by the legs so the body will be driven forward. Both legs must be called into action at the one moment. This push is only obtained by conscientious starting, and gradually as the legs are exercised, the more powerful becomes the driving force.

Thus having considered the theory of the start, the next consideration is the start in reality. At the command "On the mark," as it is generally termed in America, the athlete approaches the line, as I heretofore explained, assumes the crouch in a perfectly easy posture. In other words, he should be resting upon one knee, hands upon the line, and calmly awaiting the next cautionary command. Immediately upon the latter word he should strike the position known as "Set," and with breath held and the body poised well over the line, he should endeavor to call upon all the muscular and nervous force of the body. To a great many runners the position of the arms seems to be a difficult matter to overcome. By that I mean they don't seem to



**A NOVICE'S STARTING—POOR FORM.**

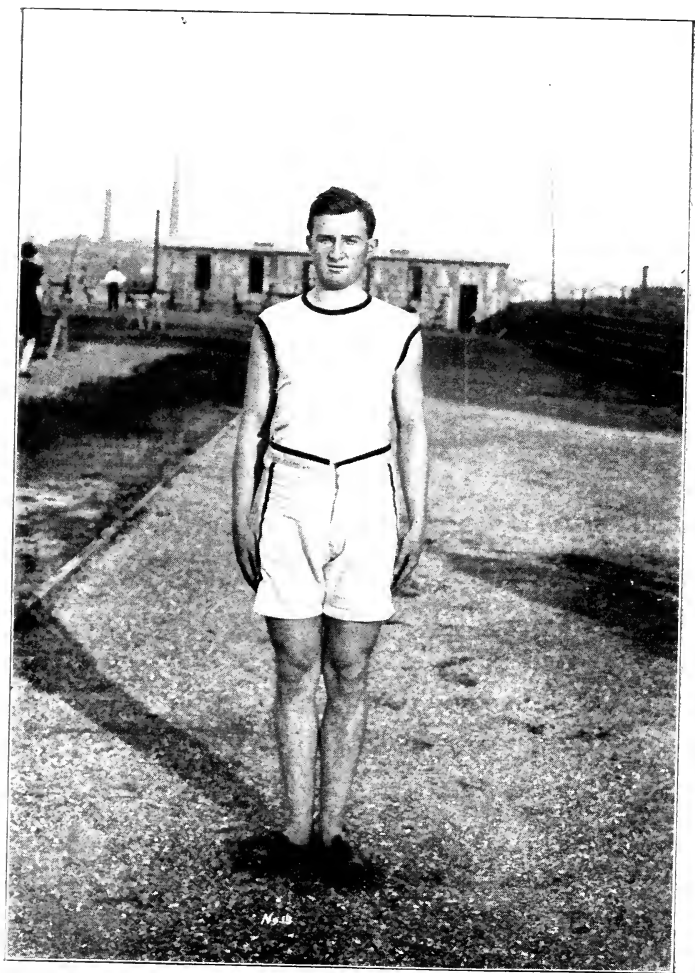
Neck cramped, body not poised on ball of foot, right leg should be extended, body not over mark enough,

know what to do with their arms as soon as the gun goes off. At the report of the pistol the left arm is swung diagonally across the chest, the right arm swung diagonally backwards. This is an immense help to the start when mastered, and much time should be spent in the development of the same.

To a number of runners the first stride seems to be a very difficult matter to overcome with precision. It is necessary that the first stride be made in the proper manner, for if that is not made correctly, it just delays the runner from getting into his speed. The great secret in sprinting is being the first to get into the running. Therefore let me impress upon the reader the necessity of the first stride. The latter is a jabbing motion thrown directly from the hip and kept as close to the ground as possible. Under no condition raise it high in the air. Much time should be spent upon this important function, as constant practice develops a long reach, and the idea is to cover as much ground with as much rapidity as possible. Another important point which should be brought to one's attention is the necessity of "jabbing" straight forward. By that I mean when the right foot is thrust forward it should be directly so, not to the right or the left, as a great number of our beginners are inclined to do.

#### BREATHING.

A very popular question that has been asked me by many athletes as well as others taking no active part in athletics, is my manner of breathing while in a race. The breathing should be through the mouth and not the nose, as ordinarily. As the runner approaches the line at the start, at the cautionary command "Set," the inhalation should be rather deep, not too much so, however. The breath then should be held, and while the

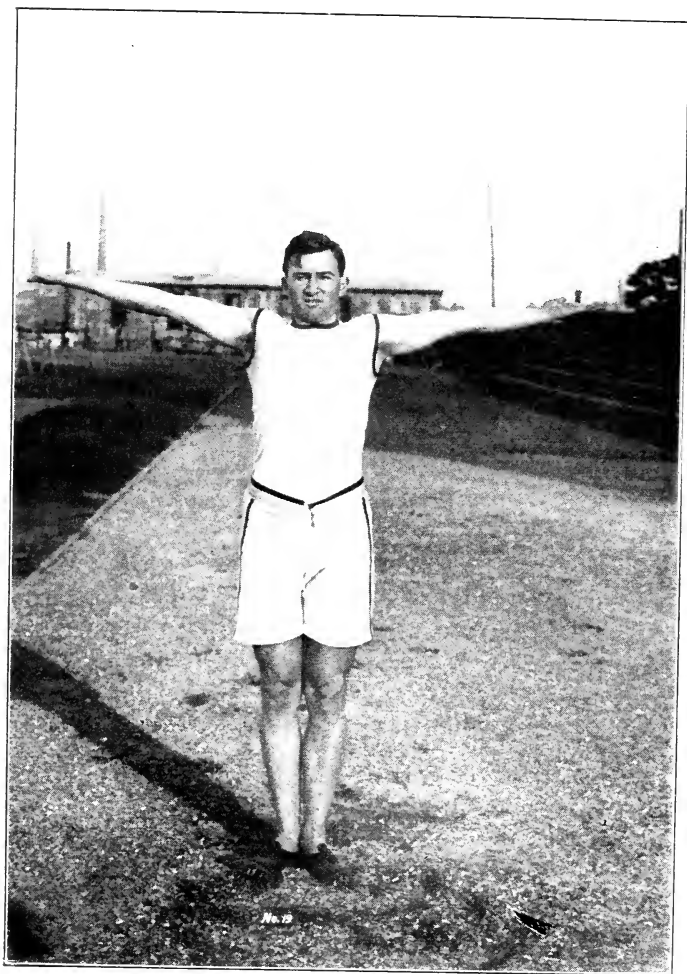


**BREATHING—FIRST POSITION.**

Hands at seams of trousers, body erect, head well up.

athlete is in this attitude or condition you might say he is unconscious to everything and everybody. His whole attention is concentrated upon the sound of the pistol. At the report of the gun immediately all the air is forced from the lungs in a most ejaculatory manner, and it is surprising to notice what a help it is to one on the first stride. As the runner is about to take the second stride, or just as soon as the air has been forced from the lungs, at once a deep breath should be retaken and then held as formerly.

In all my short distance races, namely, about forty or fifty yards, I run them in about one breath. It is an awful strain upon one, but after careful attention and training one does not mind the terrific ordeal. In the longer sprint, however, I take about two breaths, for instance, at about sixty yards I take in a fresh supply, which lasts me to the tape. It is very noticeable among beginners that while they very cleverly run forty yards, when it comes to one hundred or a hundred and twenty they under no condition can negotiate the distance with the same amount of speed. The breathing, I do believe, has a great deal to do with it. They run haphazard and seem to lose their head completely while they are at their topmost speed. To the beginner, then, I would advise to indulge daily in the common breathing exercises. By that I mean place the hands at the seam of the trousers, and raise them vertically over the head, at the same time taking a long breath. When above the head, hold the breath for a short space of time, and as the arms fall slowly to their former position, allow the breath to gradually escape. It is absolutely essential that any athlete desiring to accomplish creditable time know how to breathe while running. In watching a novice athlete endeavoring to run a hundred yards



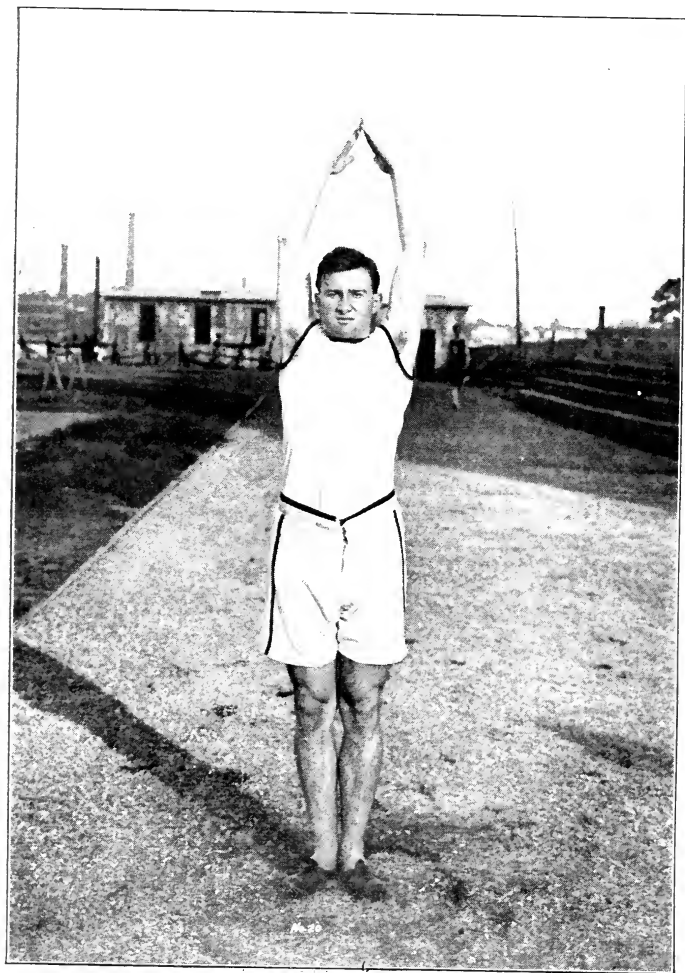
BREATHING—SECOND POSITION.

Arms horizontal position, palms upward, chest gradually inflated.



how noticeable it is to see a change after half the distance has been covered. In other words, you might say he runs as long as he can upon one breath and as soon as the latter has gone his breathing is in any old fashion. The secret of breathing in a race is that the first breath should not be absolutely all used before another breath should be taken. My manner of breathing is that about after I have covered fifty to sixty yards I feel myself not running with the same vim that I ought to, and just as soon as I find this the case, immediately I take in a fresh supply to work on. Consequently, to the beginner, do not use up all the air of your first inhalation, for just as soon as the lungs have no oxygen in them naturally you will weaken.

In my record-breaking race at the inter-collegiate championships of 1902, where I established a new world's record of 9 3-5 seconds for one hundred yards, my manner of breathing was probably one of the most important elements to my success. To my dismay, after half the distance had been traversed, I noticed that my formidable competitor, Schick of Harvard, had an advantage of a few feet. Immediately my supply of oxygen was refreshed and the result was apparent at once, for from this point I simply jumped to the front and held a comfortable margin to the tape. In conjunction with the manner of breathing in a race, another important point, which would not be out of place at this stage of the writing, is the art of finishing a sprint. In many of our sprinters of to-day how noticeable it is that many lack the necessary dash at the completion of the distance; personally it is my belief that the more highly strung the athlete is, or, in other words, the more nervous force the athlete has, the better finisher he will be. In all my races it has been my custom as I approached the finish line to work myself into a state



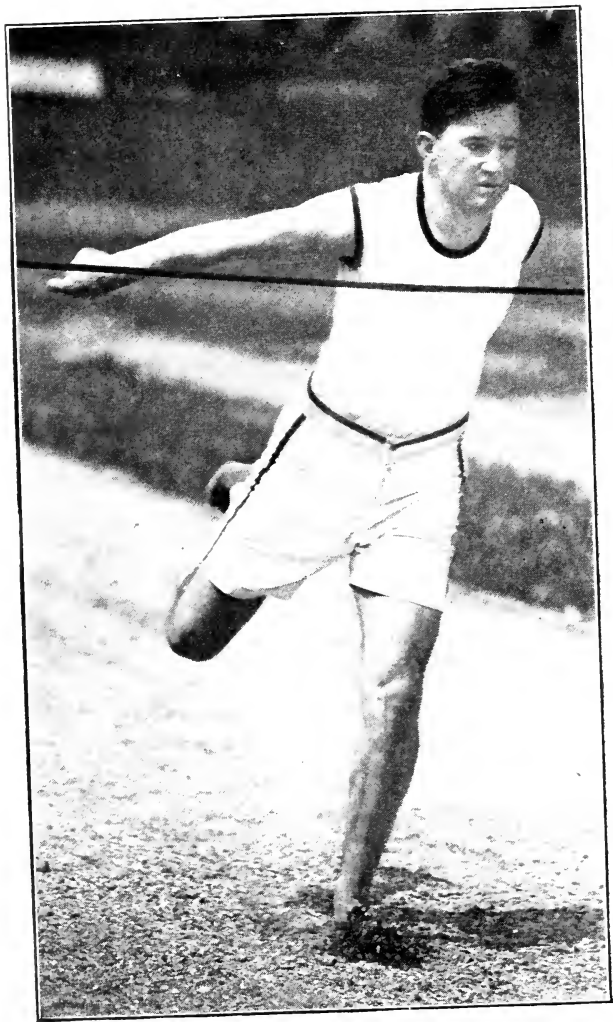
**BREATHING—THIRD POSITION.**

Arms overhead, breath held, and as the arms descend to first position the breathing is gradually released.

of nervous energy—so that I was seized with a sort of dread as if something fearful was behind me, and thus I was enabled to find a terrific burst at the tape. Of course, a sprint race is nothing practically but a finish from the report of the pistol, still it is wonderful how the concentration of the mind will work the athlete up to such a pitch that he is enabled to produce such a burst. In training for the developing of a finish, whatever distance the athlete should desire to make his forte, the best system would be to dash at that distance at a fair clip, and after passing that post, sprint another twenty-five yards, endeavoring to do the extra distance with all the available force you can find. In this way gradually you will become more accustomed to your distance, and find the race seems shorter than heretofore. This method I have employed and to me the result was very noticeable—for when an athlete has his distance at his mercy, the race becomes a pleasure and not an ordeal, which so many of our runners to-day make it.

#### THE AMOUNT OF WORK TO DO DAILY.

There is nothing, undoubtedly, that would be of more advantage to a person about to take up athletics preliminary to his regular work than cross-country jaunts. To the individual desiring to take up sprinting, it is most commendable to take walks, especially in the fall of the year, clad in good heavy clothing, and occasionally changing the walk to a short run. A sprinter as a general rule does not require the road work that a distance runner would, still, to indulge in these walks about two or three times a week is most beneficial to the athlete, not only in his sprinting but likewise in after life. Having practised these cross-country spins for at least two weeks prior to the regular

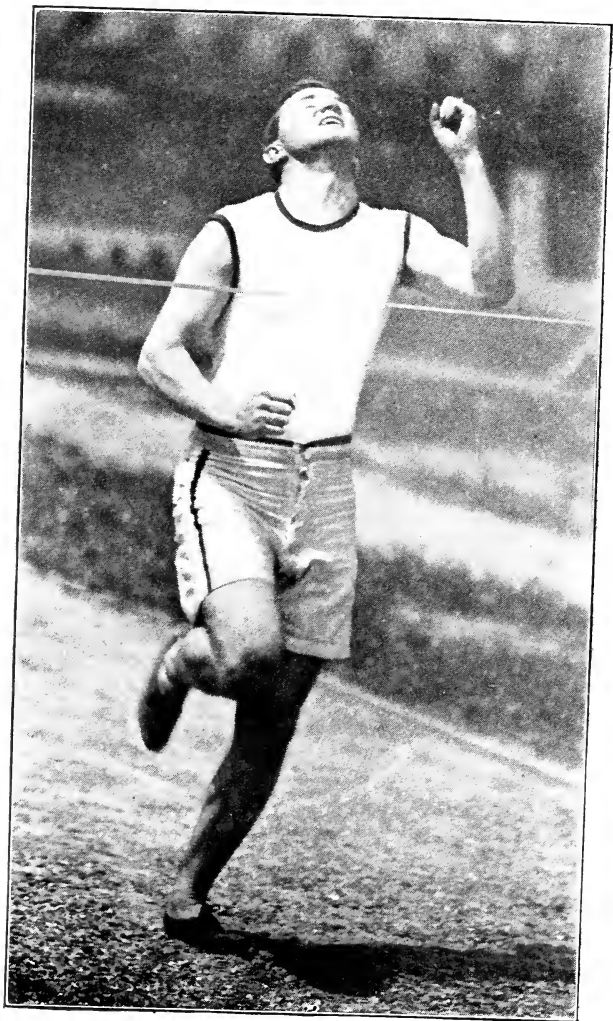


CORRECT MANNER TO FINISH THE SPRINT.  
Chest well forward, the body literally hurled at the tape.

training, the athlete becomes in a fair condition to undertake his specialty.

Previously in this book I have given rather a general outline in regards to training, but under this title of work it is my intention to give the reader a more specific line of preparation. Supposing the athlete to have spent considerable thought and consideration upon the preliminary work, the next point is the development for the negotiation of the distance. Short bursts of speed, say about forty yards, should be practised. The athlete should confine himself to this distance for two days, and having also practised a few starts prior to his going through this distance, he should end up his day's training by jogging a two hundred and twenty yards dash at a fair clip. The idea of jogging this distance is to develop the stride. After dashing at the distance of forty yards, the distance should be increased to sixty yards, and at this latter distance about two attempts should be made. The jog should be decreased to about one hundred and sixty yards. It is to one's advantage to secure some other runner to race with, as it is a wonderful help to have some one alongside of you. This pacer should always be a runner who is acknowledged to be a faster man, and if it is impossible to secure a fast pacer, place a slower man upon a handicap and endeavor to catch him.

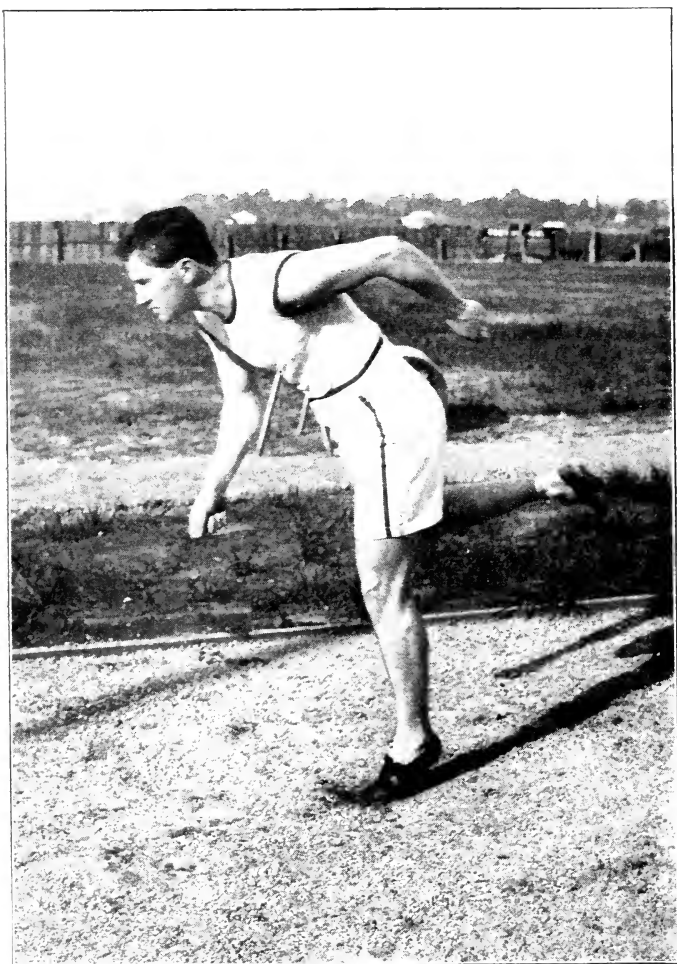
My first experience was at the Charlesbank Gymnasium in Boston. I was extremely fortunate as to the manner of pace-makers, and I sincerely believe this was one of the principal foundations to my success. At this gymnasium it was the custom for all the professional and amateur athletes around New England to train, and daily we all assembled and formed short distance handicaps. I recall one of my first trials with "Pooch"



INCORRECT WAY OF FINISHING.  
Showing the faulty position of head and arms.

Donovan, brother of the famous "Piper" Donovan. We raced for fifty yards and I managed to hold him for almost all the distance, he barely winning out at the finish. Every one who saw the race predicted a most successful athletic career for me. These try-outs are an immense help to one, and I impress upon the reader the necessity of securing as fast pace as possible. How noticeable it is upon the cinder path to see trainers with a watch in hand timing their protégé to see whether the latter is improving or otherwise. The use of a timepiece should be resorted to only upon special occasions. Personally, I never place much faith in the same. An efficient trainer or the sprinter himself generally can tell how he is running by simply racing with his fellow athletes. In the outline of work the full distance should rarely be run. It has been my experience to devote all my energy as far as the seventy-five-yard mark. So when the sprinter has attempted a sixty yards distance next the run should be increased to the seventy-five yards mark. Great care and caution should be used that the athlete has been thoroughly warmed up before he attempts these distances. Having had trials at these various distances, the system of work should be changed slightly, but in all cases the jogging of the one hundred and fifty yards and the two hundred and twenty-two should be continued. As the athlete feels himself approaching the tired and lazy state, which is bound to assert itself sooner or later, he should ease up in his work just a trifle, if for only a few days. It is necessary, after training for two or three weeks, that the runner should reach the tired stage.

Personally, just prior to a contest, I always wish to feel tired and a little sleepy, so it would necessitate my retiring earlier than usual, but I wish to caution the runner that there are different



SHOWING THE CORRECT POSITION OF HANDS, ARMS AND HEAD  
—BODY FORWARD.



stages of tiredness, if I may so term it. When an athlete gets himself into such a condition that he can sleep at all times, and feels practically worn out, then is the time when great care should be taken not to overdo the training.

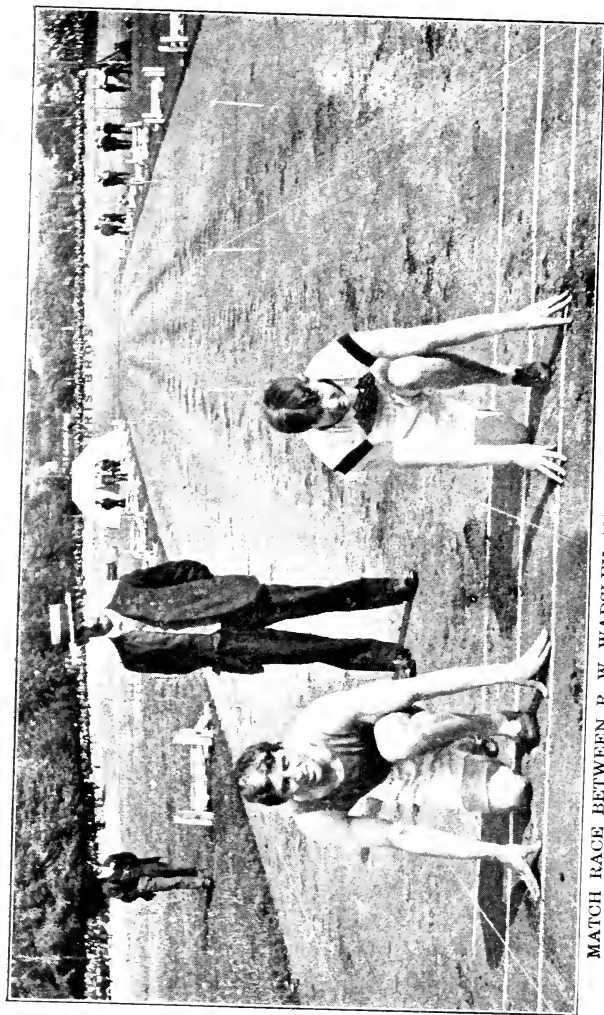
It was my custom while training to endeavor on all occasions to have myself so that at the time of the race I was at my very best. To accomplish this, much energy must be retained within a person, and should not be left upon the cinder path while preparing.

While racing in England I was much surprised at the enormous amount of work a sprinter mapped out for himself. Let me advise the runner to save himself as much as possible. I always like to feel in training that I still have some reserve force upon which I can rely.

The few points which I have just noted would be mostly confined to the runner of rather tender age. The older, and more muscular individual, must, of course, be guided by his own judgment as to the amount of work he can perform. If the person is large, the work, in all respects, should be made harder, as it takes a large person longer to obtain his form than a younger and smaller person.

The time for training should be fixed at a certain hour every day, and under no circumstances, except for sickness, should a day be lost. Regularity is one of the principal elements which enters into the success of an athlete, and should the weather be totally unseasonable, upon such occasion the athlete should obtain his rub. Many times in my work have I trained in the rain, and the only reason for my non-appearance on the track would be its poor condition or my illness.

Supposing the runner to have attempted the seventy-five yards



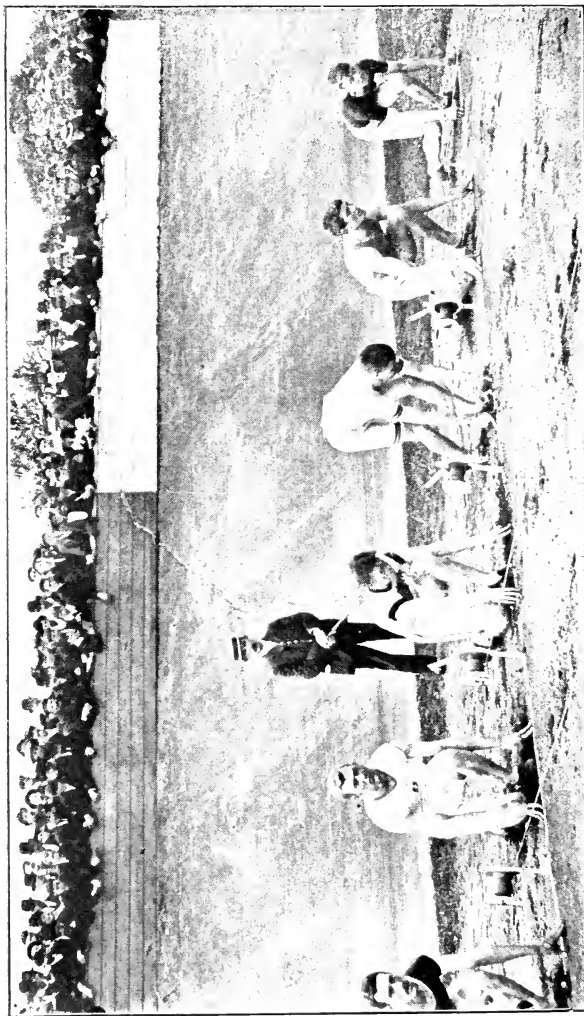
MATCH RACE BETWEEN R. W. WADSLEY AND A. F. DUFFEY AT STONE A. C., ENGLAND.  
Won by A. F. Duffey. Time, 10 seconds.

mark, the full hundred yards should then be attempted. To the novice, I might advise the use of a timepiece, that he might see what the results of his endeavors are. The day when the full hundred yards is run, the sprinter should end up his day's work by sprinting a good two hundred and twenty yards. Then it is that the efficient coach has an opportunity to observe the progress and the chances of his pupil. Everything should be watched closely and the sprinter should also be observed from a distance. Should the start appear to be slow, of course more time should be spent on this rather difficult essential. On the other hand, should the runner appear not to negotiate the distance strongly, the distance work should be increased. In a great many runners it is noted that some are able to run very well at the beginning of the race, while others show up to better advantage at the finish. To the former, I would say that their chances were far better for success.

In my first years I managed to run the first part of my race very fast, but gradually I weakened from the fifty yards on, so that my stronger opponents would always outfoot me in the last few yards of the race. This was simply because I was not able to withstand the pace I started. However, it was not long before I was able to increase gradually to the tape. So, should the runner not give himself up to the care of a coach, he must use his own judgment in such matters.

Gradually, as one trains daily he can notice whether he is starting with his usual precision, and has his usual strength at the finish. As I said before, I always delight in seeing a fast beginner, as his chances for development seem more apparent.

A few words on the art of finishing, which, I believe, is one of my strong points in a race, may not be amiss here and possibly will be of some assistance to the ambitious aspirant.



Sam Hurdfield,  
Crewe A. C.

G. Brewill  
Ex. 220 yds. champion  
of England.

A. F. Duffey

J. W. Morton  
Present British  
champion.

R. W. Wadslley  
Ex. 100 yds. champion  
of England.

START OF 100 YARDS SCRATCH RACE, PONTYPRIDD, WALES.  
Showing different positions on the mark. Won by Duffey, 9 4-5 seconds.

A sprint, you might say, is nothing but a finish from crack of the pistol to the breaking of the tape. My own experience in a race has been that during the whole distance I felt a dread sensation as if something terrible was behind me. This dreaded sensation was the crunch on the cinders of my opponents, who were tearing after me with that do-or-die feeling. Then it is that the athlete must keep his wits about him, as there is great danger when one is hard pressed, in his anxiety to get the lead on his antagonist, that the form of running is lost.



## PROPER DIET

Perhaps one of the most prominent elements which enter in the subject of training is the diet. Some trainers do not lay particular stress upon this valuable requisite, but it should be followed with precision. It is absolutely essential that the young athlete using up so much physical and mental force daily should eat well. Previously, according to the old system of training, the athlete was subjected to the most severe rules upon dieting, and his life was simply a drudge, but gradually this system is becoming extinct, so to-day we find all the athletes being treated rather liberally in this respect. In preparing for many of my athletic contests I ate practically anything that agreed with me, but never indulged in any pastry, sweets, such as candy and the like. Two weeks previous, however, to an important contest I subjected myself to a regular diet. It practically consisted of the same thing every day, and although one must confess it became very tiresome, still it has impressed me as one of the foundations of success. So to the young athlete let me advise eating whatever agrees with you, but do not overtax the digestive system, and especially refrain from pastries, candies and anything of a hard digestible nature. In other words, a liberal menu, such as roast lamb, chicken, beef cooked moderately, broiled steak, chops, poached and boiled eggs, vegetables, fruits, oranges, bananas, figs. Then should the young man be entering some very important race let him follow this special diet about two weeks before the con-

test. Broiled steak or chops with poached eggs in the mornings, accompanied with dry toast and tea, coffee or milk; for lunch, steak, a little vegetables, toast and tea, with a little desert, such as stewed pears; in the evening practically the same. Any one can see how monotonous it must be to keep eating steak, but such has been my custom, and the results that have been produced plainly speak for themselves. The diet used by many American athletes was extremely surprising to our cousins across the water. I recall when Alvin Kraenzlein and myself were in Birmingham, England, racing at the sports of the Birmingham Athletic Club, we were guests of Dr. Badger, president of the Midland Counties Association of England. He asked what we desired for a dinner previous to our race. When we informed him what we were accustomed to eating he was very much astounded, as he informed us that our menu was very hard to digest and much opposed to the teachings of medicine. When, however, Kraenzlein went out and broke a world's record he stated that from thereafter he would not undertake to prescribe or criticise the diet of an athlete, as Kraenzlein had completely upset all his directions.

Some athletic trainers allow the use of intoxicants, such as Dublin stout, Bass ale, beer, and in some cases wine. There is no serious objections to any of these when practised with common sense, but should the young athlete be a teetotaler I would advise him to refrain from their use. Now-a-days a great many of our athletes are accustomed to their use at home, and so consequently in such cases it would be of no serious disadvantage to use sparingly of the same. They should be used principally as a tonic to the system and never indulged in to excess.

Another important element which enters in the subject of

training is the question of regular hours. Regularity in this respect should be insisted upon. All athletes should retire not later than ten-thirty and arise anywhere from seven-thirty to eight-thirty. Sleep is an absolute necessity, as an athlete doing physical work requires more rest than the ordinary individual. It is also to one's advantage to endeavor to snatch a short nap in the afternoon just previous to training.

There should be positively no smoking during training, as this popular habit is very injurious not only to the wind, but also to the nerve centres. It was surprising to me when racing in Europe to see the foreign athletes training and still smoking. They were astonished when I informed them that while training I never used tobacco in any form, and repeatedly asked me my objections to its use. The Englishmen in particular seem to be addicted to this habit and smoke continuously while training. They do not believe in denying themselves such fancies, but are content with racing for the pure love of the sport. They do not train so assiduously as the American athlete, and consequently do not produce the sprinters that we do. England seems to be a little behind in respect to sprinters, as repeatedly the "Yankee" cousins contend with them and always defeat them. This is a very unexplainable situation, not only to the Englishmen themselves, but likewise to the American sportsman.

Certain rules of training should be laid down and discipline should be rigidly enforced. How noticeable it is that a great many of our promising athletes cannot be trusted to train conscientiously, but occasionally sneak away and indulge in various forms of dissipation. To such characters as these I would advise them to refrain from attempting to run, as they are not only a detriment to the sport, but likewise are inflicting severe injury upon themselves.





## BATHING AND MASSAGING

The subject of bathing, a minor but necessary detail in the exercise of running, should be indulged with cautiously. Some athletes can stand bathing every day, while others on the other hand are weakened by daily sprays. To the majority of athletes, however, I believe it is advantageous to wash daily. Let the runner secure a large sponge and as soon as he has completed the daily training sponge all over with warm water. After the sponging has been completed take a warm shower bath, and gradually regulated till it becomes cold. Under no conditions remain too long, but immediately after the cold shower, secure a rough Turkish towel and have a rubber wipe off the water briskly. My experience as to bathing has been that I took just such showers until a week before the contest, then I refrained from any whatsoever.

After the rubbing down process by means of the Turkish towel has been finished, then the athlete should receive a thorough massaging. The latter is very essential in sprinting, for in order for one to hope to be successful he should keep all the muscles supple.

It is not absolutely necessary to have some particular liniment as a rub-down, anything in the line of witch hazel, alcohol or the like will do. The effects of rubbing is not from the embrocation used, but the effect of the kneading from the same.

Upon damp and cold days, before the athlete appears upon

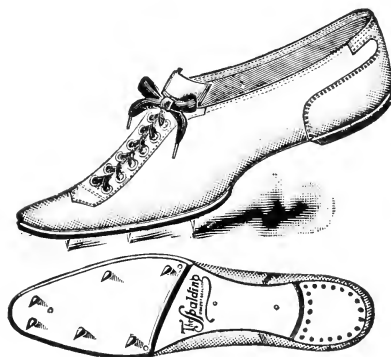
the track to do his work, I should advise him to lubricate well all his joints with cocoanut oil. In fact, any day of a race I would massage thoroughly with this oil. The subject of rubbing formerly was considered not absolutely essential, and as a matter of fact many sprinters to-day do no rubbing. My experience in sprint-running has been that it is absolutely necessary. It is surprising how rapidly an athlete can become stale if he does not rub. In my English races many times I was unable to rub properly, but the neglect of such soon asserted itself.

In England the manner of rubbing is very different than in our own country.

Abroad the rubber uses a certain kind of rough mittens; and only upon extraordinary occasions did I see an embrocation used. Personally, I had no use for this method of massaging with these mittens, and the rubbers seemed much astounded when I requested them to give me a "Yankee Rub."

It is to one's advantage to rub before working, as well as after. It is very easy to strain a ligament or tendon, but by having the limbs thoroughly warmed up before practising it decreases the chances of any such accidents.

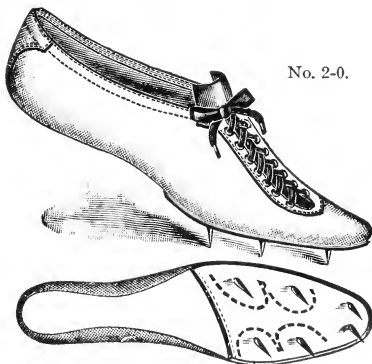
## WHAT TO WEAR AND USE



Cross Country Shoes

It is very important that the beginner in athletics should know what to wear for the different sports. The cross country runner requires a shoe with a low, broad heel, and spikes in sole of shoe; he can have spikes in the heel or not, just as it suits him. A pair of Spalding's No. 14-C shoes, which are made of the finest Kangaroo leather, and used by

all the prominent cross country runners, cost \$5 00 per pair. A sprinter will require a pair of sprinting shoes, No. 2-0, that retail for \$5.00. It was with this style shoe that Wefers made all his records. John Cregan, the Inter-Collegiate Champion, wore them, as well as Charles Kilpatrick, the peerless half-mile runner and celebrated record holder, and Arthur F. Duffey, who has gone the 100 yards in 9 3-5 seconds. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot ball team



No. 2-0.

and now used by all college athletes, is one of the best in the market, sells for \$6.00; athletic shirt, No. 600, at \$1.25; athletic pants, No. 3, at 75 cents; a supporter is very essential for an athlete and nearly all the champions use them; No. 5 is the most suitable one and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents; the bath robe is now an essential part of an athlete's outfit—these retail at \$5.00. This complete outfit costs \$19.15.

The second quality of the same line of goods can be bought as follows: Sprinting shoes, No. 10, \$4.00; sweater, No. B, \$5.00; shirt, No. 6 E, 50 cents; pants, No. 4, 50 cents; supporter, No. 72, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, \$3.50. This second grade outfit costs \$14.40.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14-H, which sell for \$5.00, and a pair of wrist supporters, No. 200, which can be bought for about 35 cents. There is one article that a pole-vaulter must have, and that is his own pole.

There is an awful lot in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it according to the rules, which is quite right, for we have often seen a pole-vaulter make the fatal mistake of allowing much heavier men to use his pole and break it. Any one can naturally understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds. The best pole on the market for athletic purposes is the 15-foot 6-inch pole as supplied by A. G. Spalding & Bros. to the Prince-



Jumping and Hurdling Shoes

ton University A. A. This pole is made of hollow spruce, thus being much lighter, and owing to a special preparation with which it is filled, the strength and stiffness is greatly increased. It retails for \$10.50; a 14-foot pole, hollow, retails for \$9.50, and the solid for \$6.00. Usually the vaulter will wrap the pole to suit his own tastes.



Intercollegiate Sweater

The high jumper and the broad jumper will want an outfit as follows: Jumping shoes, No. 14-H, \$5.00; sweater, No. A, \$6.00; shirt, No. 600, \$1.25; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1,

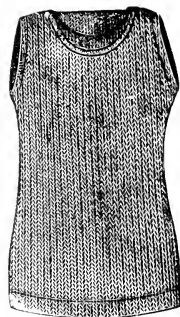
15 cents; pushers, No. 5, 25 cents; bath robe, \$5.00.

An outfit with several of the articles of a cheaper grade than the above, costs: Jumping shoes, No. 14-H, \$5.00; sweater, No. B, \$5.00; shirt, No. 6-E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, \$3.50.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, wear what is known as the No. 14-H shoe, with a short spike, which retails for \$5.00. It is very essential that the weight thrower should have his own implements; in fact, nearly all the champion weight throwers carry their own weights with them and guard them jealously.

Without doubt the best hammer in the market to-day is the ball-bearing championship hammer as designed and used by John

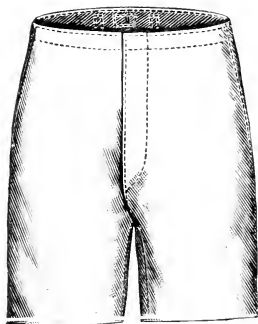
Flanagan, the record holder and champion thrower of the world. This sells for \$10.00. An extra leather case for carrying these hammers will cost the athlete \$2.00. The regulation hammer, lead, you can get for \$4.50 and the iron at \$3.25. The 16-pound shot, lead, will cost \$2.50, and the iron, \$1.75. The 56-pound weight, lead, will cost \$8.50. While on this subject I would advise any weight thrower who wants to become expert to carry his own weights and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle with which he is not familiar.



Sleeveless Shirt

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our crack athletes wear in competition is

a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross country shoe, No. 14-C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the best professional



Running Pants

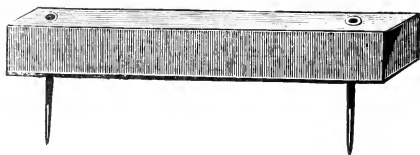
sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit

that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.

Athletes and athletic club officials would do well to procure a copy of the Athletic Primer (No. 87) of Spalding's Athletic Library). This book fully covers the construction of athletic grounds and tracks, the management of games, formation of new clubs, etc. It also contains illustrations and diagrams of what might be considered a perfect athletic track.

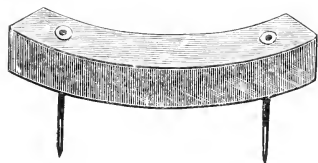
In laying out or re-arranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential

that more than one field sport should go on at one time. Therefore it should be arranged to have the running broad jump, running high jump,



Take-off Board.

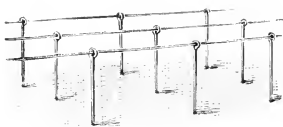
and the circles for weight-throwing separated. In order to have your plant as perfect as possible, it is necessary that you have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.



Toe Board or Stop Board.

the track. At the average athletic grounds the jumping path is usually neglected.

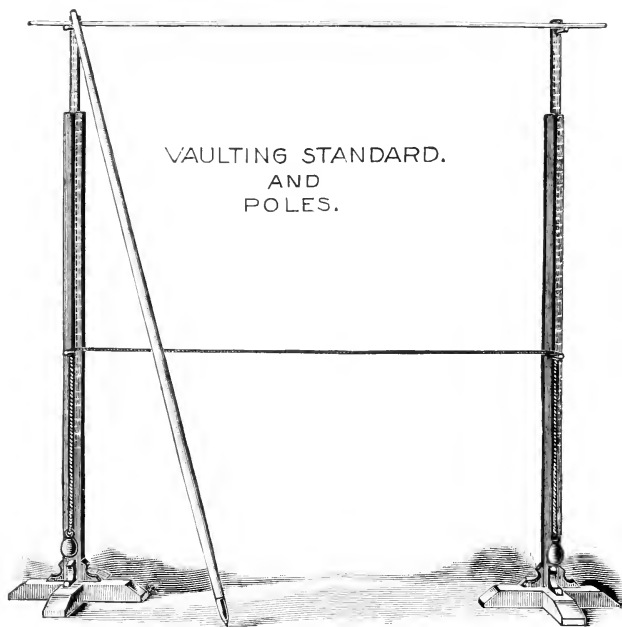
There are many things that are required. Great care should be taken in the arrangement of the broad jump. The toe board is a very important article and is generally overlooked, and the runway requires as much attention as



Lanes for Sprint Races

In the sprint races, wherever possible, each contestant should be given his own lane. A lane can be made of iron stakes driven in the ground about eighteen inches apart and strung with cords.

For the pole vaulters and high jumpers you should procure two sets of wooden apparatus—Spalding's complete apparatus



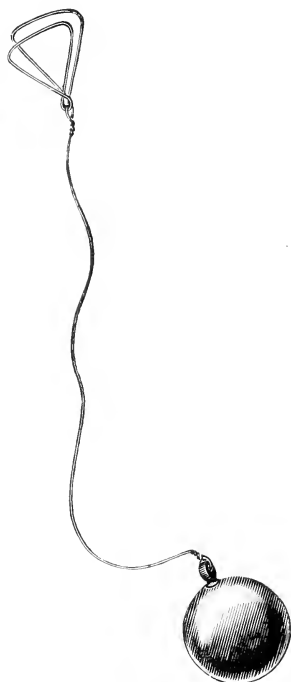
No. 109. If the pole jump and high jump go on at the same time, an extra lot of cross-bars should be on hand and three or four different poles.



The regulation 56-pound weight, known as the "Mitchel" weight, can be secured for \$8.50.



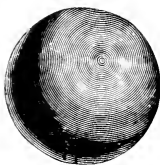
Regulation 56-Lb. Weight



Regulation 16-Lb. Hammer

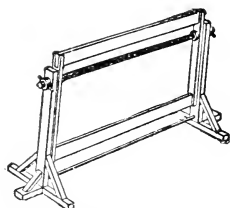
For the weights you will be required to furnish a 16-lb. Spalding Championship Ball Bearing Hammer, as originally designed by Champion John Flanagan. It is now universally used by all the good weight throwers. The ball-bearing swivel hammer is in great demand and favored. It does away with the breaking

of handles, and Flanagan claims it can be thrown many feet further than the old style hammer. Schoolboys invariably use the 12-pound shot and the 12-pound hammer. If they desire lead shot, it usually costs a little more than the iron. The 16-pound iron shot can be bought for about \$1.75, and the 12-pound for \$1.50.

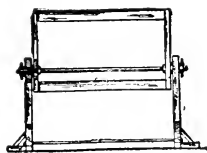


Shot

The most suitable hurdles on the market are the Foster Patent Safety Hurdles. The frame is 2 feet 6 inches in height with a horizontal rod passing through it two feet above the ground. The hurdle is a wooden gate 2 feet high swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up 3 feet 6 inches.



Foster Patent Safety Hurdle  
at 2 ft. 6 in. height



Foster Patent Safety Hurdle  
at 3 ft. 6 in. height

The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Olympic Games of 1904, and has met with the

approval of the best known physical directors and trainers of the country.

The Spalding Official Discus should always be on the grounds. This retails for \$5.00.



Megaphone

A megaphone is now a necessary adjunct to an athletic meeting. With a megaphone almost any amateur can announce the results distinctly.



Official Discus



Starter's Pistol

The captain of the club should endeavor to have in his possession a pistol so that the boys can practice starting, and a whistle for announcing that everything is ready for a start



Whistle



Measuring Tape

and also for attracting the attention of the officials, several measuring tapes and several balls of yarn for the finish.

The athlete is also advised to consult the following books, which contain a great deal of useful and necessary information on their respective subjects:

No. 27—*College Athletics*. M. C. Murphy, America's foremost athletic trainer, now with Pennsylvania, is the author, and it was written especially for the schoolboy and college man. Illustrated from photos of college champions.

No. 87—*Athletic Primer*. Edited by J. E. Sullivan. Tells how to organize an athletic club, how to construct an athletic field and track, how to conduct an athletic meeting, with a special article on training. Fully illustrated.

No. 156—*The Athletes' Guide*. How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners, and important A. A. U. rules and their explanations, while the pictures comprise many exclusive scenes showing champions in action.

No. 174—*Distance and Cross Country Running*. By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient in these specialties, gives instructions for training and is illustrated with many full page pictures of the best men in action.

No. 182—*All-Around Athletics*. Revised and up-to-date. "Training and Competing for the All-Around Championship," by Ellery H. Clark, winner in 1897 and 1903; "Training for the

All-Around," by Dr. E. C. White, ex-champion; "How to Become an All-Around Athlete," by Adam B. Gunn, ex-champion; other explicit and detailed instructions for the competitor; scores of contests from 1884; tables of points used in scoring the all-around; notable performances of all-around winners; portraits of prominent all-around competitors, and scenes taken at all-around meets. The best book on all-around work ever published.

No. 217—*Olympic Handbook*. Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. Contains a complete report of the Olympic Games of 1904, with list of records and pictures of hundreds of athletes; also reports of the games of 1896 and 1900.

No. 239—*Official Intercollegiate A. A. A. Handbook*. Contains official rules that govern intercollegiate events and all intercollegiate records. Any boy who intends to compete in college athletics should familiarize himself with this book.

No. 241—*Official Handbook of the A. A. U. of the United States*. The A. A. U. is the governing body of athletics in the United States, and all games must be held under its rules, which are exclusively published in this book.

No. 245—*Official Y. M. C. A. Handbook*. Edited by G. T. Hepbron, the well-known athletic authority. Contains official Y. M. C. A. athletic rules, records, scoring tables, etc.

No. 246—*Athletic Training for Schoolboys*. This book is the most complete work of its kind yet attempted. The compiler is Geo. W. Orton, of the University of Pennsylvania, a famous athlete himself and who is well qualified to give instructions to the beginner. Each event in the intercollegiate programme is treated of separately, both in regards to method of training and form. By following the directions given, the young athlete will be sure to benefit himself without the danger of overworking, as many have done through ignorance, rendering themselves unfitted for their task when the day of competition arrived.

No. 249—*Official Handbook of the Public Schools Athletic League*. This is the official handbook of the Public Schools

Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools, and Wm. C. J. Kelly, secretary of the league. Illustrated.

No. 250—*Official Athletic Almanac*. Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. The only annual publication now issued that contains a complete list of amateur best-on-records; complete intercollegiate records; complete English records from 1866; swimming records; inter-scholastic records; Irish, Scotch and Australasian records; reports of leading athletic meets; skating records; important athletic events and numerous photos of individual athletes and leading athletic teams. Illustrated with pictures of the year's leading athletes.

No. 252—*How to Sprint*. By Arthur F. Duffey, holder of the world's record for 100 yards, 9 3-5 seconds. In this book Champion Duffey gives a complete and detailed account of how he trained for his races, and that his methods are correct is borne out by his wonderful performances in America, the British Isles, Australia and New Zealand. Every schoolboy who aspires to be a sprinter can study this book to advantage and gain a great deal of useful knowledge. Illustrated from photographs posed by Champion Duffey, showing correct and incorrect methods.

The price of each of the above books is ten cents, and they can be obtained generally from any newsdealer or from the publishers, American Sports Publishing Company, 21 Warren Street, New York.

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In addition to the above special list, Spalding's Athletic Library contains books on every athletic subject. A complete list of same will be found in the last pages of this book.

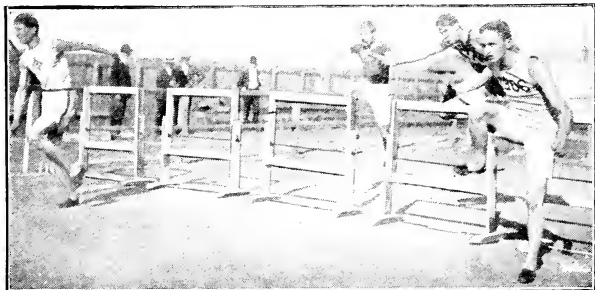
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# Athletic Training For Schoolboys

(Spalding's Athletic Library No. 246)

By GEO. W. ORTON



This book is the most complete work of its kind yet attempted. The compiler is Geo. W. Orton, of the University of Pennsylvania, a famous athlete himself and who is well qualified to give instructions to the beginner. Each event in the intercollegiate programme is treated of separately, both in regards to method of training and form. By following the directions given, the young athlete will be sure to benefit himself without the danger of overworking, as many have done through ignorance, rendering themselves unfitted for their task when the day of competition arrived. Illustrated with numerous full page pictures of leading athletes in action.

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## Running Shoes

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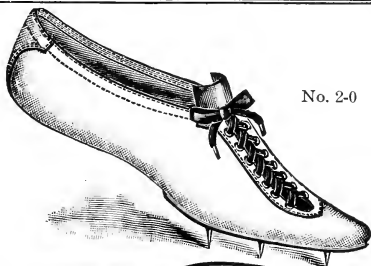
This Running Shoe is made of the finest Kangaroo Leather; extremely light and glove-fitting; best English steel spikes firmly riveted on.

**No. 2-0**  
**Pair, \$5.00**

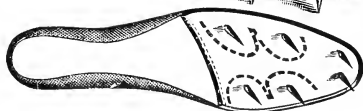
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Finest Calfskin Running Shoe; light weight, hand-made, six spikes.

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**Pair, \$4.00**



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No. 10



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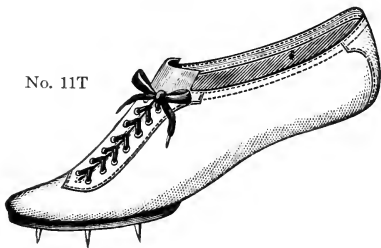
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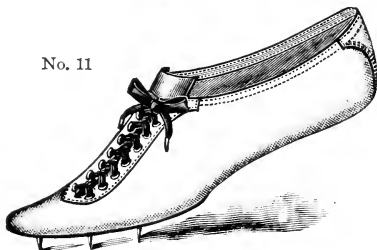
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No. 11T



No. 11



## Running Shoes

Calfskin Running Shoe, machine made; solid leather tap sole holds spikes firmly in place.

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Calfskin Running Shoe, machine made.

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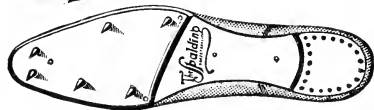
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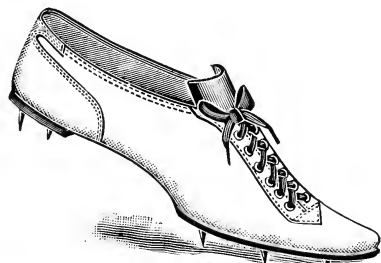
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## Cross Country Shoes

Finest Kangaroo leather; low broad heel, flexible shank, hand-sewed; six spikes on sole; with or without spikes on heel.

No. 14C.  
Per pair, \$5.00



## Jumping and Hurdling Shoes

Fine Kangaroo leather, hand made, specially stiffened sole, and spikes in heel, placed according to latest ideas, to assist jumper.

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Per pair, \$5.00

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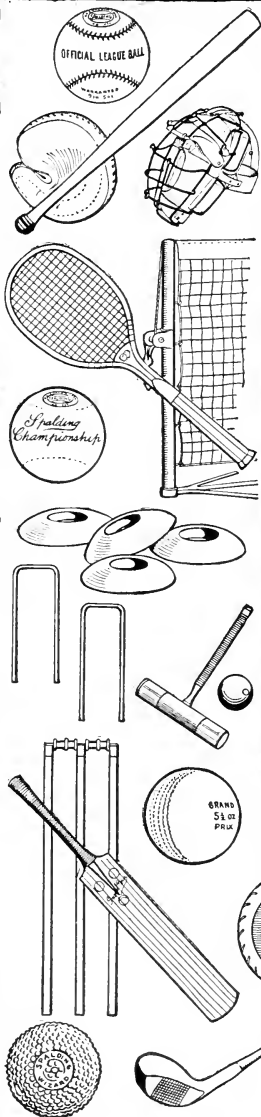
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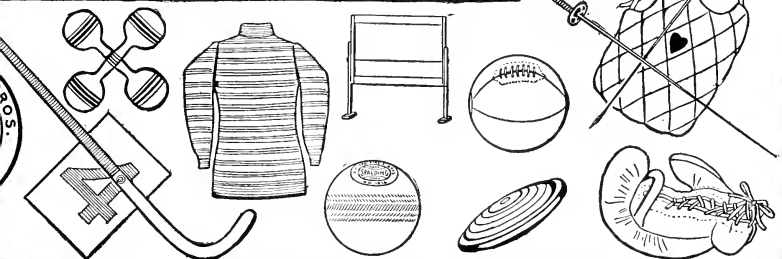
**I**N all athletic contests the implements and apparatus must conform to the official rules as laid down by the governing bodies of the various sports, the object being to enable all contestants to compete under uniform conditions and with the same kind of an implement, for a record in any sport will not be allowed unless the official implement is used. That is why Spalding implements are always selected, because they never vary in weight or measurement, but invariably conform to the rules. . .

**OF**



The above illustration shows the Stadium at the St. field was pronounced by experts to be the most perfectly designed and equipped by A. G. Spalding & Bros. In the Bros. with a gymnasium exhibit that was pronounced a m

tion, in which the Olympic Games of 1904 were held. The  
poor athletic plant ever constructed. The entire field was  
is the Model Gymnasium, equipped by A. G. Spalding &  
ports and the International Jury.

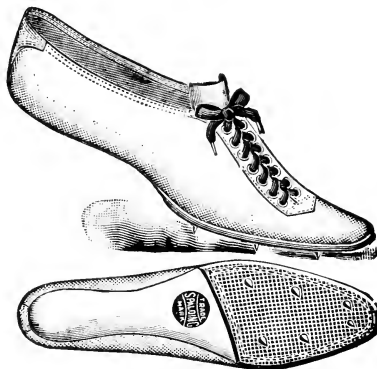


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Made With or Without Spikes.



Fine leather, rubber tipped sole, with spikes.

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Leather shoe, rubber tipped, with spikes.

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Best leather Indoor Jumping Shoe, hand-made,  
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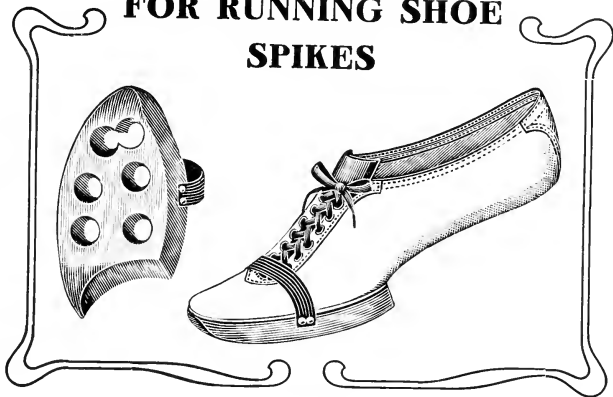
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MADE OF THICK WOOD, SHAPED  
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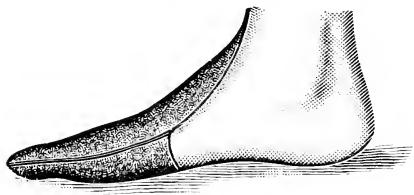
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## CHAMOIS PUSHERS

Made of fine chamois skin and used with running, walking, jumping and other athletic shoes.



No. 5. Per pair, 25c.

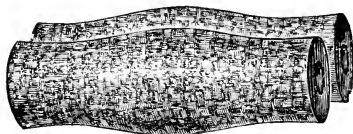
## COMPETITORS' NUMBERS

Printed on heavy Manila paper or strong linen.

		MANILA	LINEN
No. 1.	1 to 50.	Set, \$ .50	\$2.50
No. 2.	1 to 75.	" .75	3.75
No. 3.	1 to 100.	" 1.00	5.00
No. 4.	1 to 150.	" 1.50	7.50
No. 5.	1 to 200.	" 2.00	10.00
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## ATHLETIC GRIPS



Made of selected cork and shaped to fit the hollow of the hand.

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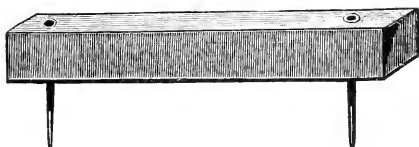
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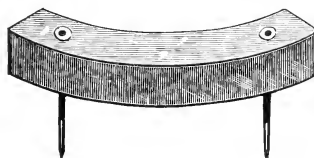
## Take-off Board



The Take-off Board is used for the running broad jump and is a necessary adjunct to the athletic field. Regulation size, top painted white.

Each, **\$3.00**

## Toe Board or Stop Board



The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle.

Regulation size, painted white, substantially made.

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Mercerized Cotton, natural color and light blue only.

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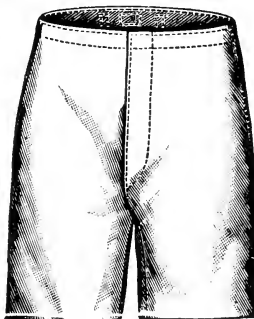
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New Orleans  
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# SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

## Running Pants



White or black Sateen, fly front, lace back.

No. 1.

Per pair, \$1.25

White or black Sateen, lace back, fly front.

No. 2.

Per pair; \$1.00

White or black Silesia fly front, lace back.

No. 3.

Per pair, 75c.

White or black Silesia, fly front, lace back.

No. 4.

Per pair, 50c.

White Silesia, fly front, lace back.

No. 6.

Per pair, 35c.

Stripes down sides of any of these running pants,  
25 cents per pair extra.

---

### A. G. SPALDING & BROS.

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# Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

## Full Length Tights and Trousers



FULL  
TIGHTS

Full Tights, best worsted, full fashioned, stock colors and sizes.

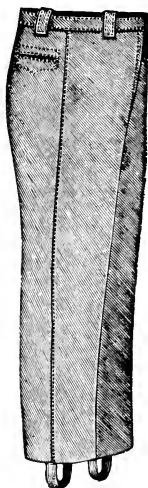
No. 1A. Per pair, \$3.75

Full Tights, cut worsted, stock colors and sizes.

No. 605. Per pair, \$2.00

Full Tights, cotton, full quality. White, Black, Flesh.

No. 3A. Per pair, \$1.00



REGULATION  
Y. M. C. A. STYLE

### Y. M. C. A. TROUSERS

Regulation Style

No. 4.	Flannel, medium quality.	Per pair, \$1.75
No. 3.	Flannel, good quality.	“ 2.50

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

### A. G. SPALDING & BROS.

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# Special Award and Grand Prize

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## VELVET TRUNKS



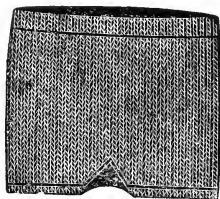
Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order.

No. 3. Each, **\$1.00**

Sateen, Black, White.

No. 4. Each, **50c.**

## WORSTED TRUNKS



Best Worsted, Black, Maroon and Navy.

No. 1. . Per pair, **\$2.00**

Cut Worsted, Navy and Black.

No. 2. . Per pair, **\$1.00**

Special colors to order.

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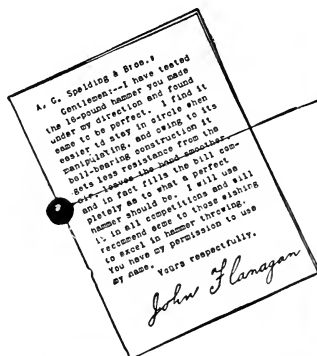
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# Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

## Spalding Championship Hammer

BALL-BEARING SWIVEL



**THE SPALDING CHAMPIONSHIP** Originally designed by **BALL-BEARING HAMMER.** signed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

<b>No. 02.</b>	<b>12-lb., with sole leather case.</b>	<b>\$12.00</b>
<b>No. 06.</b>	<b>16-lb., with sole leather case.</b>	<b>12.00</b>
<b>No. 02X.</b>	<b>12-lb., without sole leather case.</b>	<b>10.00</b>
<b>No. 06X.</b>	<b>16-lb., without sole leather case.</b>	<b>10.00</b>

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# SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.

## Spalding's New Regulation Hammer With Wire Handle

<i>Lead</i>	EACH
No. 9. 12-lb., Lead, Practice,	\$4.25
No. 10. 16-lb., Lead, Regulation,	4.50

<i>Iron</i>	EACH
No. 12. 8-lb., Iron, Juvenile,	\$2.50
No. 14. 12-lb., Iron, Practice,	3.00
No. 15. 16-lb., Iron, Regulation,	3.25

<i>Extra Wire Handles</i>	EACH
No. 6H. For above hammers,	50c.

### Shot



No. 19.	16-lb., Lead.	Each, \$2.50
No. 21.	12-lb., Lead.	" 2.25
No. 23.	16-lb., Iron.	" 1.75
No. 25.	12-lb., Iron.	" 1.50
No. 18.	8-lb., Iron.	" 1.25



### A. G. SPALDING & BROS.

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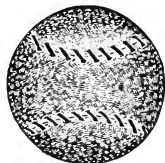
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# SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.



## Indoor Shot

With our improved leather cover.  
Does not lose weight even when  
used constantly.

No. 3. 12-lb. Indoor Shot. Each, \$7.00

No. 4. 16-lb. Indoor Shot. . . . . " 7.50

No. 26. 8-lb. Indoor Shot. . . . . " 5.00

## Regulation 56-lb. Weights

Made after model  
submitted by Cham-  
pion J. S. Mitchel,  
and endorsed by all  
weight throwers.  
Packed in box and  
guaranteed correct  
in weight and in ex-  
act accordance with  
rules of A. A. U.

No. 2

Lead 56-lb. Weights  
Complete, \$8.50



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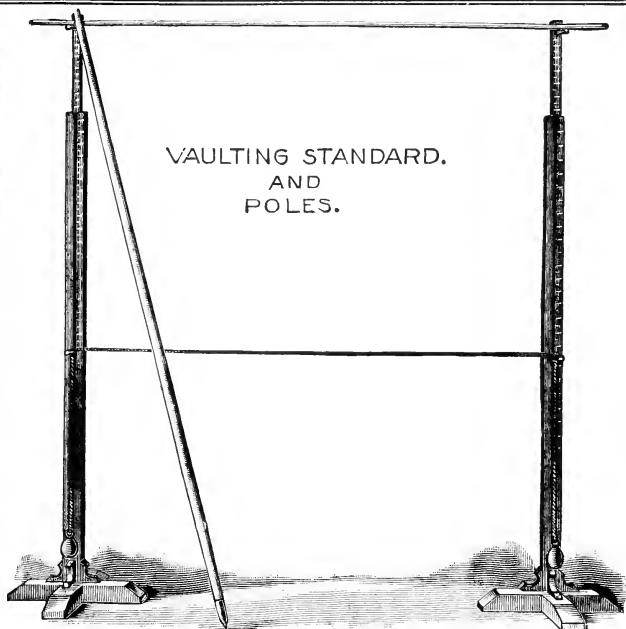
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# Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.



## Vaulting Standards

No. 109. Wooden uprights, graduated in quarter inches, adjustable to 12 feet. Complete, \$15.00

No. 110. Wooden uprights, inch graduations, adjustable to 10 feet, \$10.00

No. 111. Wooden uprights, inch graduations, 7 feet high. 7.00

## Cross Bars

No. 112. Hickory. Per doz., \$3.00

No. 113. Pine. Per doz., \$2.00

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# SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

## Vaulting Poles—Selected Spruce

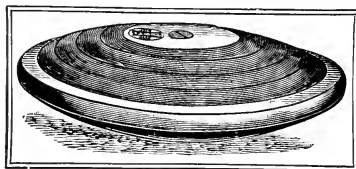
No. 100.	8 feet long, solid.	. Each, \$3.00
No. 101.	10 feet long, solid.	. " 4.00
No. 102.	12 feet long, solid.	. " 5.00
No. 103.	14 feet long, solid.	. " 6.00

## Hollow Spruce Poles

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow.	. Each, \$8.00
No. 201.	10 feet long, hollow.	. " 8.50
No. 202.	12 feet long, hollow.	. " 9.00
No. 203.	14 feet long, hollow.	. " 9.50

## Spalding's Olympic Discus



An exact reproduction of the discus used in the Olympic games at Athens, Greece, by Robert Garrett, of Princeton, the winner. Sealed in box and guaranteed absolutely correct.

Each, \$5.00

### A. G. SPALDING & BROS.

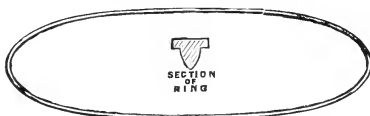
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# Special Award and Grand Prize

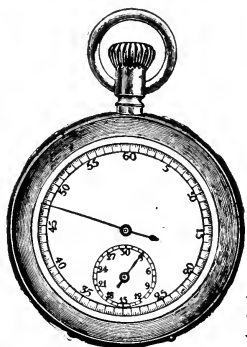
were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

## 7-Foot Circle



The discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

Each, **\$10.00**



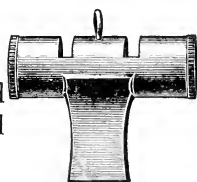
## Stop Watch

Stop Watch, stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back, engaging and disengaging mechanism.

Each, **\$7.50**

## Referees' Whistles

Nickel-plated whistle, well made.



No. 1



No. 2

No. 1. Each, **25c.**

Very reliable. Popular design.  
No. 2. Each, **25c.**

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# SPECIAL AWARD AND GRAND PRIZE

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## Spalding Gymnasium Shoes

Horsehide sole; soft and flexible; in ladies' and men's sizes.

**No. 155. Pair, \$3.50**

Kangaroo; elkskin sole, extra light, hand made.

**No. 15. Pair, \$4.00**



High cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' black.

**No. 1H. Pair, \$1.50**

High cut canvas shoe, rubber sole.

**No. M. Pair, \$1.00**

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## Spalding's Running Shoes

---

### **Arthur F. Duffey**

Holder of the world's record,  
9 3-5s. for 100 yards, wears  
Spalding Shoes in all his races.

---

### **M. W. Long**

Holder of the world's 440 yards  
record; the American, English  
and International champion,  
wears Spalding Shoes in all his  
races.

---

### **B. F. Wefers**

Holder of the world's record  
for 220 yards, made his record  
with a pair of Spalding Shoes.

---

### **John F. Cregan**

The American half-mile and  
Intercollegiate champion, and  
thousands of others attribute  
their success on the path to  
the fact that they had a well-  
fitting, light, serviceable shoe  
to wear.

---

Nearly every American, Inter-  
collegiate and Interscholastic  
record has been made when  
the contestant wore Spalding  
Shoes.

Spalding's handsomely illustrated catalogue of athletic goods  
mailed free to any address.

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## A SPECIAL AWARD <sup>AND</sup> GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

### SPALDING CHEST WEIGHT No. 2

(See illustration on opposite page)

An ideal machine for home use. Well made and easy running. Rods are  $\frac{5}{8}$  inch coppered spring steel; bearings are hardened steel cone points, running in soft gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5 pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells if desired. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

**No. 2. Each, \$5.00**

### SPALDING CHEST WEIGHT No. 4

Same type and general design as No. 2, but rods are of larger diameter and both rods and wheels are polished and nickel-plated. This machine is a decidedly neat and attractive piece of apparatus for the home and is well worth the additional cost.

**No. 4. Each, \$7.00**

#### HEAD ATTACHMENT

Ready for use by simply snapping to one of the handles. Each, \$1.00

#### FOOT GEAR ATTACHMENT

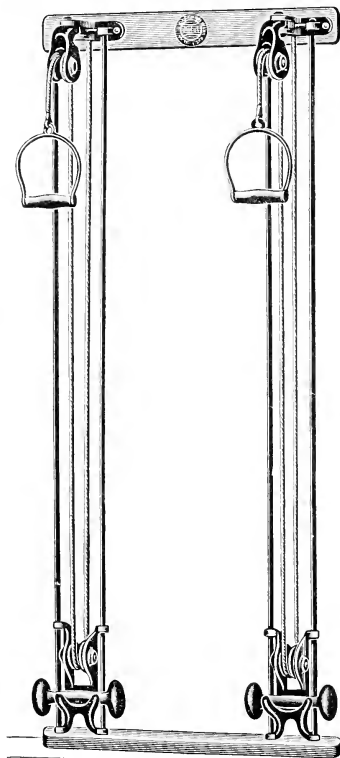
Readily attached to handle; can be worn with or without shoe. Each, \$1.00

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**Spalding  
Chest  
Weight  
No. 2**

See  
Description  
on  
Opposite  
Page

## A. G. SPALDING & BROS.

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## A SPECIAL AWARD AND GRAND PRIZE

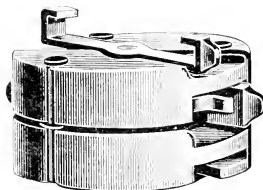
were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

### SPALDING CHEST WEIGHT No. 5

(See illustration on opposite page)

The No. 5 machine has the centre arm adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the centre arm, requiring but a few seconds. Japan finish.

- No. 5. Ordinary weights. . . . . Each, **\$15.00**
- No. 5. Underlift weights. . . . . **12.00**
- No. 3X. Same style as No. 5, but heavy construction and all steel parts polished and nickel-plated. Ordinary weights. . . . . Each, **\$20.00**



Underlift Weights as supplied with No. 5 and No. 6 Chest Weight Machines.

### SPALDING CHEST WEIGHT No. 6

(See illustration on opposite page)

Our No. 6 Chest Weight is the same as our No. 5 without the centre arm adjustment.

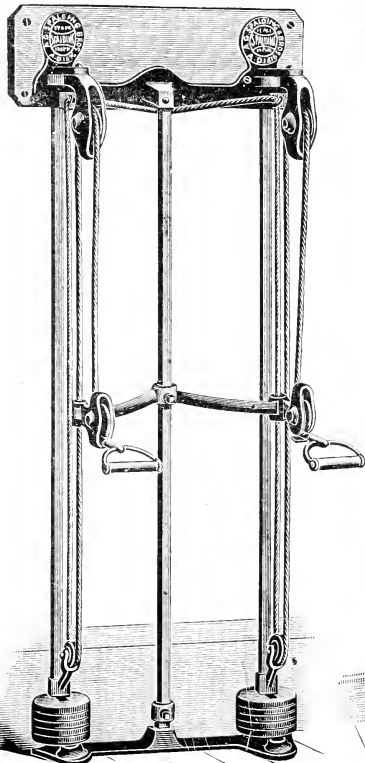
- No. 6. Japan finish, ordinary weights. . . Each, **\$10.00**
- No. 6. Japan finish, underlift weights. . . **12.00**
- No. 3. Same as No. 6, but heavy construction and all steel parts polished and nickel-plated. Ordinary weights. **\$16.00**

#### A. G. SPALDING & BROS.

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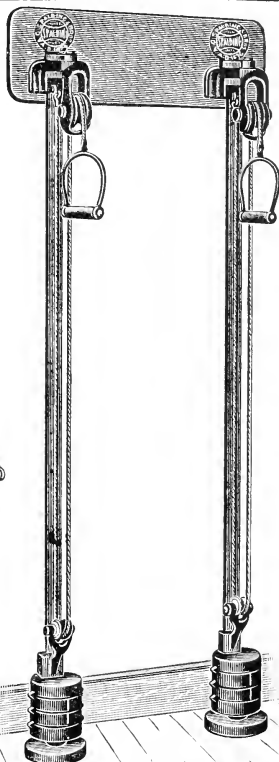
# A SPECIAL AWARD AND A GRAND PRIZE

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No. 5

See description on opposite page.



No. 6

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## THE SPALDING "HIGHEST QUALITY" SWEATERS



Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference

in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. AA. Particularly suitable for foot ball and skating. Heaviest sweater made. Each, \$7.00

No. A. "Intercollegiate" special weight. " 6.00

No. B. Heavy weight. " 5.00

No. C. Standard weight. " 4.00

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order. Prices on application. All made with 10-inch collars; sizes 28 to 44 inches.

Send for Spalding's Complete Catalogue of all Athletic Sports.

### A. G. SPALDING & BROS.

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## Spalding Gymnasium Shoes



Selected leather, electric sole. A very easy and flexible shoe.

No. **20**. Low Cut. Per pair, **\$1.50**

No. **21**. High Cut. " **1.75**



Low cut shoe, selected leather, extra light and elkskin sole; in ladies' and men's sizes.

No. **166**. Per pair, **\$2.50**

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## GYMNASIUM SHOES



No. 19

Fine horsehide low cut shoe, flexible sole, roughened to prevent slipping; very light and comfortable.

**No. 19.**

**Per pair, \$1.75**

For ladies; otherwise same as No. 19.

**No. 19L.**

**Per pair. \$1.75**

Low cut shoe, good quality black leather, with elkskin sole and corrugated rubber heel; very light and well made.

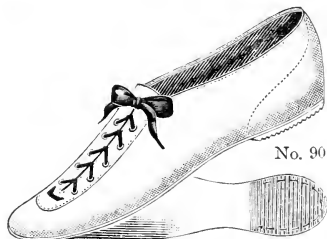
**No. 90.**

**Per pair, \$2.00**

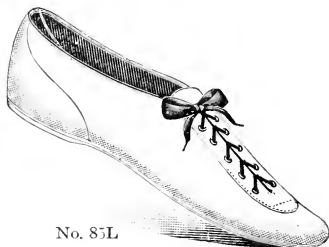
For ladies; otherwise same as No. 90.

**No. 90L.**

**Per pair, \$1.75**



No. 90



No. 85L

Special ladies' low cut shoe, selected black leather with roughened elkskin sole.

**No. 85L.**

**Per pair, 1.50**

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

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## Spalding Gymnasium Shoes

Horsehide sole; soft and flexible; in ladies' and men's sizes.

**No. 155. Pair, \$3.50**

Kangaroo; elkskin sole, extra light, hand made.

**No. 15. Pair, \$4.00**



High cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' black.

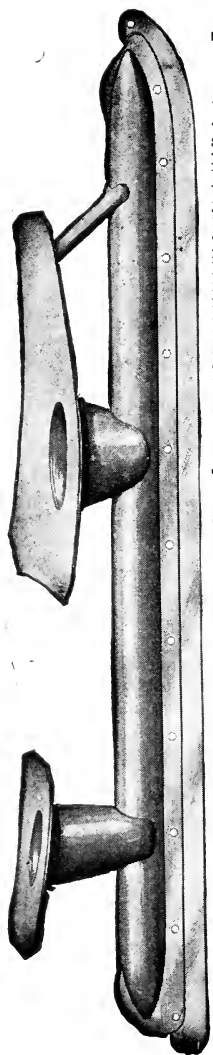
**No. 1H. Pair, \$1.50**

High cut canvas shoe, rubber sole.

**No. M. Pair, \$1.00**

### A. G. SPALDING & BROS.

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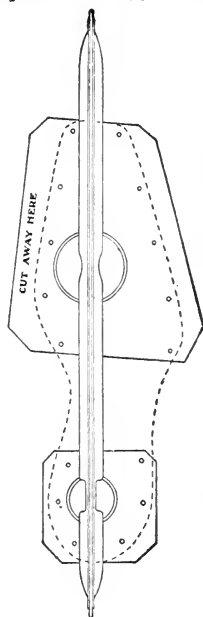
## The Spalding Tubular Steel Racing Skate

FOR years past racing men have been looking for a skate that could be depended upon absolutely. Ordinary solder is not always sufficient to stand the strain at certain points when a man is turning a corner at full speed, and this is one reason why the Spalding Tubular Steel Skate, with every joint brazed like a bicycle frame—not soldered, jumped into such great popularity immediately upon its introduction late last season. We claim that this skate embraces more good points necessary to a first-class racing skate than any other style on the market to-day. We have the opinions and practical experience of some of the most prominent racing men in this country to go by, notably Mr. Sam See, who passed on most of the details of construction, and every pair is backed up with a positive guarantee of quality. If it gives way through any fault of its construction, we will gladly replace with a new pair or refund the money.

### Some Good Points about the Spalding Tubular Steel Racing Skate

Absolutely guaranteed; very light weight, all tubular steel construction; every joint brazed, not soldered, making it the strongest racing skate manufactured; blades very thin, made of 1-16 in. Norway tool steel, hardened; toe and heel plates made of the best partly hardened steel, left full size so that they can be cut to fit any size shoe. In three lengths of blade, 14, 15 and 16 inches.

**Pair, \$6.00**



*Showing method of cutting to fit sole of shoe. Full directions for attaching with either lacing or rivets, enclosed with each pair of skates.*

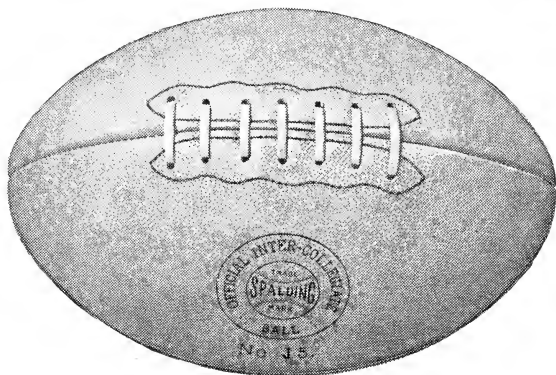
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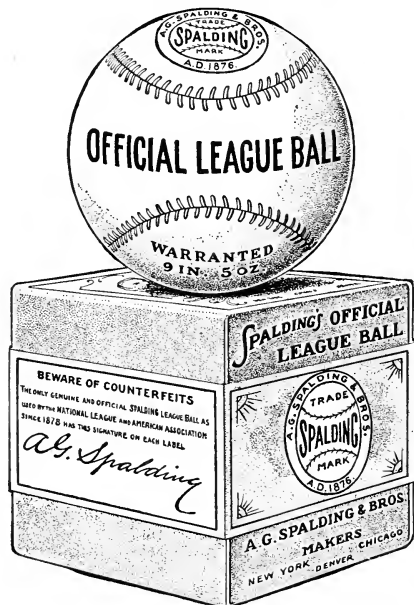
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### **No. 104—The Grading of Gymnastic Exercises**

By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise: The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises, examinations, college and school work; calisthenic exercises, graded apparatus exercises and general massed class exercises. Nearly 200 pages. Price 10 cents.



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By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the official laws of boat racing of the National Association of Amateur Oarsmen. Price 10 cents.



### **No. 129—Water Polo**

By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.



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Catch as catch can style. By E. H. Hitchcock, M. D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially and so described that anybody who desires to become expert in wrestling can with

little effort learn every one. Price 10 cents.



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### **No. 149—The Care of the Body**

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ions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food: why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes bread, butter, water; germs of disease, etc. Price 10 cents.

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other leading colleges. Price 10 cents.

**No. 154—Field Hockey**

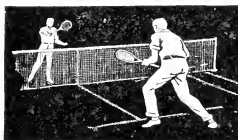
To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. The game is prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and



and their explanations, while the pictures comprise many scenes showing champions in action. Price 10 cents.

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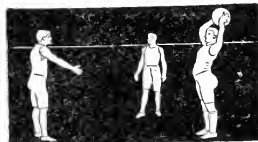
How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules



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**No. 157—How to Play Lawn Tennis**

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs



schools, outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups. Price 10 cents.

**No. 158—Indoor and Outdoor Gymnastic Games**

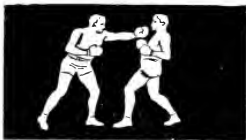
Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. A. C. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums,



minutes' work as directed is exercise anyone can follow. It already has had a large sale and has been highly commended by all who have followed its instructions. Nearly 100 pages of illustrations and 100 of text. Price 10 cents.

**No. 161—Ten Minutes' Exercise for Busy Men**

By Dr. Luther Halsey Gulick, superintendent of physical training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten



### **No. 162—How to Become a Boxer**

For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book

under the supervision of one of the best instructors of boxing in the United States, who makes a specialty of teaching and who knows how to impart his knowledge. They are so arranged that anyone can easily become a proficient boxer. The book also contains pictures of all the well known boxers. A partial list of the 200 pages of the book include: A history of boxing; how to box; the correct position; the hands; clenching the fist; the art of gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows; the chin punch; the blow under the ear; the famous solar plexus knockout; the heart blow; famous blows and their originators: Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm; left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin; the side step; hints on training, diet and breathing; how to train; rules for boxing. Price 10 cents.



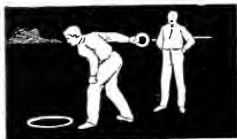
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This is a new book by Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Messrs. Senac give in detail how every move should be made, and tell it so clearly that anyone can follow the instructions. It is illustrated with sixty full page pictures, posed especially for this book. Price 10 cents.



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Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.



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### **No. 174—Distance and Cross Country Running**

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training and schedules to be observed when preparing for a contest. Illustrated with numerous pictures of leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.



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By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise: A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes—over-arm side stroke; double over-arm or "trudgion" stroke; touching and turning; training for racing; ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back; amateur swimming rules; amateur plunging rules. Price 10 cents.

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Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the in action and scenes at many pictures of champions in action and scenes at all-around meets. Price 10 cents.



**No. 185—Health Hints**

A series of articles by Prof. E. B. Warman, the well known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise, who needs it? Price 10 cents.



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Containing the rules for each game. Illustrated. Price 10 cents.

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games, bean bag games, circle games, singing and miscellaneous games. Price 10 cents.

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pictures comprise thirty-three full page reproductions of Young Corbett as he appears while at work in his training quarters. The photographs were taken by our special artist and cannot be seen in any other publication than Spalding's Athletic Library No. 191. Fancy bag punching is treated by a well known theatrical bag puncher, who shows the latest tricks. Price 10 cents.



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The demand for a book of this character is fully satisfied in this publication, as many points are included which could not be incorporated in the annual publication of the Basket Ball Guide for want of room. Price 10 cents.



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The need of an authoritative handbook at a popular price on these games is filled by this book. How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains

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**No. 199—Equestrian Polo Guide**

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handicaps of the National Association. Price 10 cents.



**No. 200—Dumb-Bells**

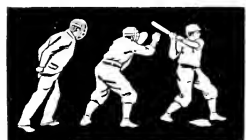
This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, of New York City, was formerly superintendent of physical culture in the Elizabeth (N.J.) public schools, instructor at Columbia University, instructor for four years at the Columbia summer school, and is now proprietor of the Park Place Gymnasium, at 14 Park Place, New York City. The book contains 200 photographs of all the various exercises, with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise as well. Price 10 cents.



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By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abercrombie, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904.

Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.



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This is the official handbook of the Public Schools Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools, and Wm. C. J. Kelly, secretary of the league. Illustrated. Price 10 cents.



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How to construct a green; necessary equipment; how to play the game, and the official rules as promulgated by the Scottish Bowling Association. Edited by Mr. James W. Greig. Illustrated. Price 10 cents.



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**No. 209—How to Be-  
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Contains advice for beginners; how to become a figure skater thoroughly explained, with many diagrams showing how to do all the different tricks of the best figure skaters, including the Mohawk, with all its variations; Q's, forward and backward, inside and outside; the crosscuts, including the difficult Swedish style; inside and outside spins; the grapevine, with its numerous branches, and many other styles, which will be comparatively simple to any one who follows the directions given. Profusely illustrated with pictures of prominent skaters and numerous diagrams. Price 10 cents.



cure insomnia; asleep in two minutes; for those who ride wheels; summer outdoor exercise; profuse perspiration; danger of checking perspiration; dress, kot weather, etc., etc. Price 10 cents.

## **No. 213—285 Health Answers**

Contents: Necessity for exercise in the summer; three rules for bicycling; when going up-hill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; drinking ice water; to



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custom in most gymnasiums from one year's end to the other. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

By Albert B. Wegener, Physical Director Y. M. C. A., Rochester, N. Y. Ever since graded apparatus work has been used in gymnastics, the necessity of having amass drill that would harmonize with it has been felt. For years it has been the established



## **No. 215—Indoor Base Ball**

America's national game is now vieing with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game. Price 10 cents.



## **No. 216—How to Become a Bowler**

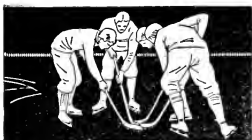
Congress; the national championships; how to build an alley; how to score; spares—how they are made. Rules for cocked hat, cocked hat and feather, quintet, battle game, nine up and nine down, head pin and four back, ten pins—head pin out, five back, the Newport game, ten pin head pin game, duckpin game, head pin game, New England candle pin game. Illustrated with portraits of all the prominent bowlers. Price 10 cents.

## **No. 217—Olympic Handbook**

Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. Contains a complete report of the Olympic Games of 1904, with list of records and pictures of hundreds of athletes; also reports of the games of 1896 and 1900. Price 10 cents.



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**No. 218—Ice Hockey and Ice Polo**

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Telegram, compile a book which answers every requirement, and which has met with the greatest praise for its accuracy and simplicity. No follower of the game can afford to be without it. Price 10 cents.

**No. 219—Base Ball Percentage Book**

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**No. 220—Official Base Ball Guide**

Edited by Henry Chadwick, the "Father of Base Ball," the official publication of base ball. It contains a complete record of all leagues in America, pictures of teams, official rules and reviews of the game. The standard base ball annual of the country. Price 10 cents.



**No. 221—Spalding's Lawn Tennis Annual**

Contains official statistics, photographs of leading players, special articles on the game, review of important tournaments, official rules, handicapping rules and tables; list of fixtures for the current year and other valuable information. Price 10 cents.



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both as members of the best clubs playing base ball and as contenders against teams that have enjoyed national reputations. Cy Young, the famous Boston American pitcher, whose steadiness in the box is proverbial, gives advice on control of the ball and tells what a boy should do to obtain it; Sam Leever of the Pittsburgs shows how to pitch the outcurve; William Dineen of the Boston Americans tells how to pitch an inshoot; Thomas Hughes gives hints on pitching the drop; Joe McGinnity, the "iron man," of the New York Nationals, explains how he uses his successful raise ball and his famous "cross fire"; Christy Mathewson, the pride of the

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